

^{44}Ca $Z = 20$ $N = 24$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 380.960 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
44CA 1	0.000	0+			1 STABLE
44CA 2	1.157	2+			2 2.71 PS 15
44CA 3	1.884	0+			3 14 PS 4
44CA 4	2.283	4+			4 1.9 PS 7
44CA 5	2.657	2+			5 30 FS 3
44CA 6	3.044	4+			6 4.6 PS 11
44CA 7	3.285	6+			7 13.4 PS 10
44CA 8	3.301	2+			8 35 FS 18
44CA 9			3.308 3-		9 0.15 PS 7
44CA 10				3.357 (2+,3,4+)	10 28 FS LT
44CA 11	3.580	0+			11
44CA 12				3.662 1	12 8.3 FS
44CA 13				3.676 (1-,2,3)	13
44CA 14				3.692 1	14 66 FS
44CA 15			3.712 4-		15 0.42 NS LT
44CA 16				3.776 2	16 0.69 NS LT
44CA 17				3.880	17
44CA 18			3.914 5-		18 2 PS GT
44CA 19			3.923 5-		19 0.56 NS LT
44CA 20				4.011	20
44CA 21	4.092	6+			21
44CA 22				4.094 (2+,3,4+)	22
44CA 23				4.169	23
44CA 24	4.196	2+			24 0.69 NS LT
44CA 25				4.260 (2+,3)	25
44CA 26				4.315 (1,2,3)	26
44CA 27			4.358 3-		27
44CA 28			4.399 3-		28
44CA 29				4.409 (1,2,3)-	29
44CA 30				4.437 (1,2+)	30
44CA 31	4.480	2+			31
44CA 32				4.553 (1,2,3)-	32
44CA 33				4.565 (5-)	33
44CA 34				4.573 (1,2,3)	34
44CA 35				4.584 (2+,3,4+)	35 3.5 NS LT
44CA 36				4.616	36
44CA 37				4.649 1	37 11 FS
44CA 38	4.651	2+			38

44CA 39						4.690	(1-,2,3,4+)	39		
44CA 40						4.804	(1-,2+)	40		

44CA 41						4.824	(1,2,3)	41		
44CA 42						4.848	1	42	24	FS
44CA 43						4.866	1	43	6.2	FS
44CA 44						4.884	(1,2,3)-	44		
44CA 45				4.905	3-			45		
44CA 46				4.931	6-			46		
44CA 47						4.982	(2 TO 5)+	47		
44CA 48		5.006	4+					48		
44CA 49				5.026	3-			49		
44CA 50		5.088	8+					50	0.53	PS 14

44CA 51						5.097	(3,4)-	51		
44CA 52						5.130	(2,3)+	52		
44CA 53						5.162	1	53	3.7	FS
44CA 54						5.201	(1,2,3)-	54		
44CA 55		5.210	1+					55	2.0	FS 3
44CA 56						5.222		56		
44CA 57						5.230	(2 TO 5)+	57	4.2	NS LT
44CA 58				5.245	7-			58		
44CA 59						5.289	(2 TO 5)+	59		
44CA 60						5.301		60		

44CA 61						5.325	(1,2,3)	61		
44CA 62		5.343	2+					62		
44CA 63						5.367	(1,2,3)	63		
44CA 64						5.375	(2 TO 5)+	64		
44CA 65						5.404	(3,4)-	65		
44CA 66						5.459	(2 TO 5)+	66		
44CA 67						5.519		67		
44CA 68						5.549	(2,3,4)+	68		
44CA 69				5.561	3-			69		
44CA 70						5.612	1	70	2.1	FS

44CA 71						5.647	(8+)	71		
44CA 72						5.655	(1 TO 6)-	72		
44CA 73						5.733	(2 TO 5)+	73	3.5	NS LT
44CA 74						5.776	(2,3,4)+	74		
44CA 75						5.801	1	75	16	FS
44CA 76						5.806	1	76	3.3	FS
44CA 77						5.810		77		
44CA 78						5.832		78		
44CA 79		5.864	0+					79		
44CA 80						5.867	(2+,3,4,5)	80		

44CA 81						5.876	1	81	6	FS
44CA 82						5.891		82		
44CA 83						5.911	1	83	2.7	FS

44CA 84				5.971	8-				84
44CA 85							5.975		85
44CA 86							6.014		86
44CA 87							6.040	(2 TO 5)+	87
44CA 88		6.083	1+						88 3 FS
44CA 89				6.137	1-				89 1.8 FS
44CA 90							6.146	(2 TO 5)+	90

44CA 91							6.211		91
44CA 92							6.246	1	92 12 FS
44CA 93				6.422	1-				93 0.3 FS
44CA 94							6.438		94
44CA 95		6.446	1+						95 8.4 FS
44CA 96							6.507	1	96 4.8 FS
44CA 97							6.578		97
44CA 98				6.658	9-				98
44CA 99							6.673		99
44CA 100							6.675	1	100 6.5 FS

44CA 101							6.744		101
44CA 102							6.778		102
44CA 103							6.913		103
44CA 104							6.961	1	104 8 FS
44CA 105							6.972	1	105 0.7 FS
44CA 106							6.996		106
44CA 107							7.044		107
44CA 108							7.066	1	108 3.9 FS
44CA 109				7.093	9-				109
44CA 110							7.226	1	110 4.1 FS

44CA 111							7.275	1	111 2.7 FS
44CA 112							7.403	1	112 5.4 FS
44CA 113							7.471	(10+)	113
44CA 114							7.556	(9-)	114
44CA 115		7.572	1+						115 3.8 FS
44CA 116				7.579	1-				116 0.7 FS
44CA 117				7.662	1-				117 6.7 FS
44CA 118				7.783	1-				118 6.1 FS
44CA 119				7.809	1-				119 11.6 FS
44CA 120							7.829	1	120 8.9 FS

44CA 121				7.835	1-				121 4.4 FS
44CA 122							7.844		122
44CA 123				7.880	10-				123
44CA 124							7.953	1	124 2.4 FS
44CA 125							8.050		125
44CA 126							8.070	1	126 3.1 FS
44CA 127							8.086	1	127 3.1 FS
44CA 128				8.286	11-				128
44CA 129							8.290		129

44CA 130				8.321	1		130	13.7 FS

44CA 131				8.395	1		131	2.4 FS
44CA 132				8.405	1		132	0.6 FS
44CA 133		8.557		1-			133	3.4 FS
44CA 134		8.615		1-			134	3.3 FS
44CA 135		8.802		1-			135	16 FS
44CA 136				8.828			136	1.1 FS
44CA 137		8.851		1-			137	1.0 FS

S-alpha=		8.854 (0.000)						

44CA 138				8.860			138	
44CA 139		8.909		1-			139	0.5 FS
44CA 140		9.024		1-			140	

44CA 141		9.148		1-			141	
44CA 142		9.274		1-			142	1.5 FS
44CA 143		9.317		1-			143	
44CA 144				9.460			144	
44CA 145		9.665		1-			145	
44CA 146				9.750			146	
44CA 147				9.788			147	
44CA 148		9.814		1-			148	
44CA 149		9.859		12-			149	
44CA 150		9.898		1-			150	

44CA 151		10.568		13-			151	

S-n =		11.131 (0.000)						

44CA 152				11.132	3-,4-		152	
44CA 153		11.133		4-			153	
44CA 154				11.134	+		154	
44CA 155				11.135	(4)-		155	
44CA 156		11.135		4-			156	
44CA 157				11.136	+		157	
44CA 158		11.136		3-			158	
44CA 159		11.136		4-			159	
44CA 160		11.138		3-			160	

44CA 161		11.140		4-			161	
44CA 162				11.141	+		162	
44CA 163				11.141	+		163	
44CA 164				11.142	(4)-		164	
44CA 165				11.143			165	
44CA 166				11.143			166	
44CA 167				11.144	+		167	
44CA 168				11.144			168	
44CA 169		11.145		4-			169	
44CA 170				11.145	(3)-		170	

44CA 171				11.146	+		171	
44CA 172				11.146	+		172	

44CA 173				11.146	+	173
44CA 174				11.148	3-,4-	174
44CA 175		11.150	4-			175
44CA 176				11.151	+	176
44CA 177				11.151	(3)-	177
44CA 178				11.152	(3)-	178
44CA 179				11.153	(3)	179
44CA 180				11.154	(4)-	180

44CA 181				11.154	+	181
44CA 182				11.155	(2)+	182
44CA 183				11.155	(3)-	183
44CA 184				11.155	+	184
44CA 185				11.155	(2)+	185
44CA 186				11.158		186
44CA 187				11.158	(4)-	187
44CA 188				11.158	3-,4-	188
44CA 189				11.159	+	189
44CA 190				11.159	+	190

44CA 191				11.160	(4)-	191
44CA 192				11.160	(4)-	192
44CA 193				11.161	+	193
44CA 194				11.162	(4)-	194
44CA 195				11.162	+	195
44CA 196				11.162	(4)-	196
44CA 197				11.163		197
44CA 198				11.164		198
44CA 199				11.165		199
44CA 200				11.166		200

44CA 201				11.167		201
44CA 202				11.167		202
44CA 203				11.167		203
44CA 204				11.168	(4)-	204
44CA 205				11.170		205
44CA 206				11.850	3	206
S-p = 12.182 (0.001)	-----					
44CA 207				12.188		207

S-p = 12.182 (0.001)	-----					
S-n = 11.131 (0.000)	-----					
S-2p = 21.624 (0.006)	-----					
S-2n = 19.064 (0.000)	-----					
S-alpha= 8.854 (0.000)	-----					
S+p = -6.892 (0.001)						
S+n = -7.415 (0.000)						
S+2p = -17.237 (0.000)						

S+2n = -17.813 (0.002)
S+alpha = -9.449 (0.000)

gap p = 5.290 (0.001)
gap n = 3.716 (0.001)
gap 2p = 4.387 (0.006)
gap 2n = 1.251 (0.002)
gap alpha = -0.595 (0.000)