

^{56}Ca $Z = 20$ $N = 36$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 449.857 (0.250) MeV

Qbeta- = 12.005 (0.360) MeV

	Energy T	J+	J-	J-other	T1/2
56CA	1 0.000	0+			1 11 MS 2

S-p = 21.297 (0.554)-----

S-n = 2.931 (0.297)-----

S-2p = 40.645 (0.848)-----

S-2n = 4.492 (0.254)-----

S-alpha= 14.558 (0.672)-----

S+p = -15.158 (0.308)

S+n = -1.931 (0.934)

S+2p = -31.985 (0.310)

S+2n = -4.167 (0.579)

S+alpha = -11.014 (0.347)

gap p = 6.139 (0.634)

gap n = 1.001 (0.980)

gap 2p = 8.660 (0.902)

gap 2n = 0.326 (0.632)

gap alpha = 3.543 (0.756)