

^{57}Ca $Z = 20$ $N = 37$ [link to full NNDC output](#)

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

BE = 0.000 (0.000) MeV

| | Energy | T | J+ | J- | J-other | T1/2 | | | |
|------|--------|---|----|----|---------|------|-----|----|----|
| 57CA | 1 | | | | 0.000 | 1 | 620 | NS | GT |