

$^{44}\text{Cr}$        $Z = 24$        $N = 20$       adopted link      ENSDF link

Based on ensdf\_240402 (Apr 2024), and mass evaluation from 2020

BE      =      349.784 ( 0.051) MeV

Qbeta+ =      10.386 ( 0.052) MeV

	Energy T	J+	J-	J-other	T1/2
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44CR 1	0.000	0+			1 42.8 MS 6

S-p      =      2.795 ( 0.067) -----  
S-n      =      19.544 ( 0.221) -----  
S-2p     =      2.895 ( 0.051) -----  
S-2n     =      36.632 ( 0.298) -----  
S-alpha=    6.853 ( 0.085) -----

S+p      =      1.169 ( 0.319)  
S+n      =     -14.164 ( 0.062)  
S+2p     =      0.046 ( 0.326)  
S+2n     =     -32.192 ( 0.052)  
S+alpha   =     -7.012 ( 0.105)

gap p     =      3.963 ( 0.326)  
gap n     =      5.379 ( 0.230)  
gap 2p    =      2.941 ( 0.330)  
gap 2n    =      4.439 ( 0.303)  
gap alpha =     -0.158 ( 0.136)