

$^{45}\text{Cr}$        $Z = 24$        $N = 21$       [link to full NNDC output](#)

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

BE = 363.948 ( 0.035) MeV

Qbeta+ = 12.371 ( 0.035) MeV

	Energy T	J+	J-	J-other	T1/2
45CR 1				0.000 (7/2-)	1 60.9 MS 4
45CR 2				0+X	2
45CR 3				494+X	3

S-p = 2.687 ( 0.185)-----  
 S-n = 0.000 ( 0.000)-----  
 S-2p = 4.772 ( 0.036)-----  
 S-2n = 0.000 ( 0.000)-----  
 S-alpha= 6.242 ( 0.045)-----

S+p = 0.000 ( 0.000)  
 S+n = -18.028 ( 0.037)  
 S+2p = 0.000 ( 0.000)  
 S+2n = -31.190 ( 0.036)  
 S+alpha = -7.661 ( 0.043)

gap p = 0.000 ( 0.000)  
 gap n = 0.000 ( 0.000)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 0.000 ( 0.000)  
 gap alpha = -1.419 ( 0.062)