

^{45}Cr $Z = 24$ $N = 21$ adopted link ENSDF link

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

BE = 363.948 (0.035) MeV

Qbeta+ = 12.372 (0.035) MeV

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

S-p = 2.996 (0.036)-----

S-n = 14.164 (0.062)-----

S-2p = 4.777 (0.036)-----

S-2n = 33.708 (0.218)-----

S-alpha= 6.242 (0.045)-----

S+p = -0.192 (0.094)

S+n = -18.028 (0.037)

S+2p = -2.182 (0.518)

S+2n = -31.191 (0.036)

S+alpha = -7.661 (0.043)

gap p = 2.804 (0.100)

gap n = -3.864 (0.073)

gap 2p = 2.595 (0.519)

gap 2n = 2.517 (0.221)

gap alpha = -1.419 (0.062)