

^{46}Cr $Z = 24$ $N = 22$ [link to full NNDC output](#)

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

BE = 381.976 (0.011) MeV

Qbeta+ = 7.604 (0.011) MeV

	Energy T	J+	J-	J-other	T1/2

46CR 1	0.000	0+			1 0.26 S 6
46CR 2	0.892	2+			2 5.4 PS 12
46CR 3				1.987 (4+)	3
46CR 4				3.197 (3-)	4
46CR 5				3.227 (6+)	5
46CR 6				3.296	6
46CR 7				3.494	7
46CR 8				3.594 (4-)	8
46CR 9				3.682	9
46CR 10				3.716	10

46CR 11				3.778	11
46CR 12				3.987 (5-)	12
46CR 13				4.235	13
46CR 14				4.306	14
46CR 15				4.434	15
46CR 16				4.817 (8+)	16
46CR 17				4.830 (6-)	17

S-p	= 4.875 (0.011)				
46CR 18				5.117	18
46CR 19				5.346 (7-)	19
46CR 20				6.180 (10+)	20

S-alpha=	6.792 (0.011)				

S-2p	= 6.501 (0.011)				
46CR 21				8.163 (12+)	21
46CR 22				9.152 2 (4+)	22

S-p	= 4.875 (0.011)				
S-n	= 18.028 (0.037)				
S-2p	= 6.501 (0.011)				
S-2n	= 0.000 (0.000)				
S-alpha=	6.792 (0.011)				

S+p	= -0.384 (0.034)				
S+n	= -13.162 (0.013)				
S+2p	= 0.000 (0.000)				
S+2n	= -29.493 (0.014)				
S+alpha	= -7.430 (0.014)				

gap p = 4.491 (0.036)
gap n = 4.866 (0.039)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = -0.638 (0.018)