

^{48}Cr $Z = 24$ $N = 24$ [link to full NNDC output](#)

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

BE = 411.469 (0.007) MeV

Qbeta+ = 1.656 (0.007) MeV

	Energy T	J+	J-	J-other	T1/2	
48CR 1	0.000	0+			1	21.56 H 3
48CR 2	0.752	2+			2	7.3 PS 8
48CR 3	1.858	4+			3	1.23 PS 12
48CR 4				3.420 (0+)	4	
48CR 5	3.445	6+			5	0.19 PS 5
48CR 6				3.524 (0,1,2,3)	6	
48CR 7			3.533 4-		7	3.3 NS 8
48CR 8				3.632 (2+,3-)	8	
48CR 9				4.034 (0,1,2,3)	9	
48CR 10				4.064 3	10	
48CR 11			4.064 5-		11	28 PS 7
48CR 12				4.280 (0+)	12	
48CR 13				4.429 (4)+	13	
48CR 14				4.513 (7+)	14	
48CR 15	4.640	2+			15	
48CR 16				4.653 3+,4+	16	
48CR 17				4.766 (4,5)	17	
48CR 18				4.876 (6-)	18	0.69 PS GT
48CR 19				5.033 3+,4+	19	
48CR 20				5.131	20	
48CR 21	5.188	8+			21	0.14 PS 4
48CR 22				5.294 3+,4+,5+	22	
48CR 23	5.430	0+			23	
48CR 24				5.596	24	
48CR 25				5.609 (3+,4+)	25	
48CR 26				5.649 (7-)	26	0.42 PS 7
48CR 27				5.670 (0+)	27	
48CR 28				5.785	28	
48CR 29	5.793	4+			29	
48CR 30				5.835	30	
48CR 31				5.960 (0+)	31	
48CR 32				6.085	32	
48CR 33	6.100	2+			33	
48CR 34				6.258 (9+)	34	
48CR 35				6.278	35	0.14 PS 3
48CR 36				6.420 (5-)	36	
48CR 37	6.855	0+			37	

48CR 38		7.064	10+				38	0.125 PS	35
48CR 39						7.550	39		
48CR 40						7.671 (9-)	40	0.15 PS	5

S-alpha=		7.698	(0.007)	-----					
48CR 41						7.940	41		
S-p	=	8.104	(0.007)	-----					
48CR 42		8.411	12+				42	0.59 PS	17
48CR 43						8.463	43		
48CR 44		8.750	0+				44		
48CR 45		8.760	0+				45		
48CR 46						9.040	46		
48CR 47						9.180	47		
48CR 48		9.530	0+				48		
48CR 49						9.871 (11-)	49	0.139 PS	35
48CR 50						9.900	50		

48CR 51		10.280	14+				51	0.30 PS	6
48CR 52						10.433 (13+)	52		
48CR 53						10.612 (14+)	53		
48CR 54						11.106	54		
48CR 55		11.320	0+				55		
48CR 56						11.649 (13-)	56	0.48 PS	14
48CR 57						12.302	57		
S-2p	=	13.272	(0.007)	-----					
48CR 58		13.309	16+				58	0.049 PS	10
48CR 59						15.119	59		
48CR 60						15.734 (16+)	60		

S-n	=	16.331	(0.009)	-----					
48CR 61						17.342	61		
48CR 62						17.378	62		

S-p	=	8.104	(0.007)	-----					
S-n	=	16.331	(0.009)	-----					
S-2p	=	13.272	(0.007)	-----					
S-2n	=	29.493	(0.014)	-----					
S-alpha=		7.698	(0.007)	-----					
S+p	=	-2.088	(0.008)						
S+n	=	-10.582	(0.008)						
S+2p	=	-6.232	(0.011)						
S+2n	=	-23.583	(0.007)						
S+alpha	=	-7.933	(0.009)						
gap p	=	6.017	(0.011)						
gap n	=	5.748	(0.012)						
gap 2p	=	7.040	(0.013)						
gap 2n	=	5.910	(0.015)						

gap alpha = -0.235 (0.012)