

^{50}Cr $Z = 24$ $N = 26$ [link to full NNDC output](#)

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

BE = 435.052 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
50CR 1	0.000	1 0+			1 1.3E+18 Y GT
50CR 2	0.783	2+			2 9.08 PS 28
50CR 3	1.881	4+			3 2.22 PS 24
50CR 4	2.924	2+			4 9.4 FS 14
50CR 5	3.161	2+			5 10.9 FS 16
50CR 6	3.164	6+			6 0.69 PS 14
50CR 7	3.325	4+			7 97 FS 25
50CR 8				3.595 2+,3,4+	8 30 FS 5
50CR 9	3.611	4+			9 6 FS 4
50CR 10	3.630	1+			10 5 FS 3
50CR 11	3.694	0+			11
50CR 12	3.698	1+			12 12.8 FS 18
50CR 13				3.792 (4+,5+)	13 9.0 PS 14
50CR 14				3.826 (6)+	14 0.7 PS LT
50CR 15				3.844 2+,3,4+	15 0.22 PS 6
50CR 16	3.850	0+			16
50CR 17				3.875 (4+,5,6+)	17 0.62 PS 21
50CR 18	3.895	4+			18 24 PS 12
50CR 19				3.938 2+,3,4+	19 2.2 FS 10
50CR 20				4.040 (0+)	20
50CR 21			4.052 3-		21 0.56 PS 11
50CR 22				4.070 (2,3)	22 6.5 FS 17
50CR 23				4.129 (1,2+)	23 0.18 PS 6
50CR 24	4.193	2+			24
50CR 25				4.207	25
50CR 26				4.282	26
50CR 27	4.350	0+			27
50CR 28			4.367 5-		28
50CR 29				4.524 (4+)	29
50CR 30			4.546 3-		30
50CR 31				4.654 (0+,1,2,3+)	31
50CR 32	4.676	2+			32
50CR 33				4.700 (1+)	33
50CR 34	4.728	0+			34
50CR 35	4.745	8+			35 0.28 PS 7
50CR 36				4.755	36
50CR 37	4.772	2+			37
50CR 38				4.801	38

50CR 39			4.906		39
50CR 40			4.924		40

50CR 41			4.961		41
50CR 42			4.998	1(+)	42
50CR 43			5.015		43
50CR 44			5.039		44
50CR 45			5.053		45
50CR 46			5.078		46
50CR 47			5.093		47
50CR 48			5.198		48
50CR 49			5.207		49
50CR 50			5.213	(6-)	50 0.42 PS 7

50CR 51			5.233		51
50CR 52			5.250		52
50CR 53			5.272		53
50CR 54			5.297		54
50CR 55			5.336		55
50CR 56			5.376		56
50CR 57			5.429		57
50CR 58			5.445		58
50CR 59			5.455		59
50CR 60			5.548		60

50CR 61			5.597		61
50CR 62			5.611		62
50CR 63			5.623		63
50CR 64			5.684		64
50CR 65			5.731		65
50CR 66			5.741		66
50CR 67			5.780		67
50CR 68			5.813		68
50CR 69			5.835		69
50CR 70			5.859		70

50CR 71			5.903		71
50CR 72			5.929		72
50CR 73			5.944		73
50CR 74			5.957		74
50CR 75			5.983		75
50CR 76			5.998	(7-)	76 0.42 PS 7
50CR 77			6.027		77
50CR 78			6.032		78
50CR 79			6.071		79
50CR 80			6.083		80

50CR 81			6.116		81
50CR 82			6.123		82
50CR 83			6.138		83

50CR 84				6.175		84
50CR 85				6.202		85
50CR 86				6.226		86
50CR 87				6.230		87
50CR 88				6.243		88
50CR 89				6.272		89
50CR 90				6.305		90

50CR 91				6.330		91
50CR 92		6.340	10+			92 0.76 PS 14
50CR 93				6.342		93
50CR 94				6.376		94
50CR 95			6.450	3-		95
50CR 96			6.650	3-		96
50CR 97		6.754	10+			97 0.111 PS 21
50CR 98			6.790	3-		98
50CR 99		6.950	11+			99 0.49 PS 4
50CR 100				7.340		100

50CR 101				7.360		101
50CR 102				7.610		102
50CR 103		7.613	12+			103 0.111 PS 10
50CR 104				7.647	(1,2+)	104
50CR 105				7.780		105
50CR 106				7.860		106
50CR 107				7.980	(1+)	107
50CR 108				8.270	(1+)	108
50CR 109				8.360		109
50CR 110		8.425	2 6+			110

50CR 111				8.500	(1+)	111

S-alpha= 8.559 (0.000)-----						
50CR 112				8.638	(1+)	112
50CR 113				8.680		113
50CR 114		8.748	2 4+			114
50CR 115		8.813	2 2+			115
50CR 116				8.889	1	116 0.75 EV 20
50CR 117				9.010	(1+)	117
50CR 118				9.190	(1+)	118
50CR 119				9.327	(12+)	119
50CR 120				9.400	(1+)	120

50CR 121				9.570	(1+)	121

S-p = 9.589 (0.001)-----						
50CR 122		9.641	13+			122 0.05 PS 2
50CR 123				9.710	(1+)	123
50CR 124		9.900	2+			124
50CR 125		9.914	14+			125 0.26 PS 3
50CR 126				10.110	(1+)	126
50CR 127				10.240	(1+)	127

50CR 128						10.380	(1+)		128	
50CR 129						10.500	(1+)		129	
50CR 130		10.750	2+						130	

50CR 131						10.797	13(+)		131 0.62 PS LT	
50CR 132						10.820	(1+)		132	
50CR 133						11.014	13(+)		133 0.06 PS LT	
50CR 134						11.060	(1+)		134	
50CR 135						11.180	(1+)		135	
50CR 136						11.400			136	
50CR 137		11.530	0+						137	
50CR 138						11.660	(1+)		138	
50CR 139		11.680	0+						139	
50CR 140						11.820	(1+)		140	

50CR 141		11.870	0+						141	
50CR 142						12.300	(1+)		142	
50CR 143						12.391	15(+)		143	
50CR 144		12.543	14+						144	
50CR 145						12.680			145	
50CR 146						12.790			146	
50CR 147						12.950			147	

S-n	=	13.000	(0.002)	-----						
50CR 148		13.219	15+						148 0.021 PS +7-4	
50CR 149		13.222	3 0+						149	
50CR 150						13.494			150	

50CR 151						13.642	14(+)		151	
50CR 152		13.900	0+						152	
50CR 153						13.920	15(+)		153 0.076 PS LT	
50CR 154						14.500			154	
50CR 155						14.570			155	
50CR 156		14.900	0+						156	
50CR 157		15.035	16+						157 0.021 PS LT	
50CR 158		15.810	16+						158 0.05 PS LT	
50CR 159		16.051	17+						159	

S-2p	=	16.347	(0.000)	-----						
50CR 160						17.668	(16,17)		160	

50CR 161						17.789	(16,17)		161	
50CR 162		17.958	18+						162 0.07 PS LT	

S-p	=	9.589	(0.001)	-----						
S-n	=	13.000	(0.002)	-----						
S-2p	=	16.347	(0.000)	-----						
S-2n	=	23.583	(0.007)	-----						
S-alpha	=	8.559	(0.000)	-----						

S+p	=	-5.271	(0.001)	-----						

S+n = -9.261 (0.001)
S+2p = -12.646 (0.005)
S+2n = -21.300 (0.001)
S+alpha = -8.417 (0.001)

gap p = 4.318 (0.001)
gap n = 3.740 (0.002)
gap 2p = 3.701 (0.005)
gap 2n = 2.283 (0.007)
gap alpha = 0.142 (0.001)