

^{53}Cr $Z = 24$ $N = 29$ [link to full NNDC output](#)

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

BE = 464.290 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
53CR 1			0.000	3/2-	1 STABLE
53CR 2			0.564	1/2-	2 0.51 PS 6
53CR 3			1.006	5/2-	3 7.1 PS 6
53CR 4			1.290	7/2-	4 1.17 PS 8
53CR 5			1.537	7/2-	5 23.0 PS 11
53CR 6			1.974	5/2-	6 0.39 PS 5
53CR 7			2.172	11/2-	7 9.6 PS 10
53CR 8			2.233	9/2-	8 0.36 PS 5
53CR 9			2.321	3/2-	9 0.8 FS 5
53CR 10				2.453 (7/2-,9/2-)	10
53CR 11				2.462 (1/2-,3/2-)	11
53CR 12				2.657 5/2-,7/2-	12 0.017 PS LT
53CR 13			2.670	1/2-	13 7 FS LT
53CR 14			2.706	11/2-	14 2.4 PS 10
53CR 15			2.708	3/2-	15
53CR 16				2.723 1/2-,3/2-	16
53CR 17				2.771 5/2-,7/2-	17
53CR 18			2.826	11/2-	18 0.11 PS 3
53CR 19				2.993 (5/2-,7/2-)	19
53CR 20			3.084	15/2-	20 30 PS 10
53CR 21				3.137 (5/2+)	21 0.04 PS 2
53CR 22				3.172	22
53CR 23				3.180 (3/2)-	23
53CR 24			3.244	13/2-	24 0.6 PS 2
53CR 25				3.262 (5/2)+	25 21 FS LT
53CR 26				3.351 7/2-,5/2-	26
53CR 27				3.382	27
53CR 28				3.435 5/2-,7/2-	28
53CR 29			3.592	13/2-	29 0.13 PS 4
53CR 30				3.595 1/2-,3/2-	30
53CR 31			3.617	1/2-	31
53CR 32				3.695	32
53CR 33	3.707	9/2+			33
53CR 34				3.781	34
53CR 35				3.838	35
53CR 36				3.971	36
53CR 37				3.985 3/2+,5/2+	37
53CR 38				4.046 (1/2-,3/2-)	38

53CR 39						4.073	(1/2-, 3/2-)	39
53CR 40						4.128		40

53CR 41						4.135	5/2+, 3/2+	41
53CR 42						4.171		42
53CR 43						4.187		43
53CR 44						4.204		44
53CR 45						4.231	5/2+, 3/2+	45
53CR 46						4.236	(17/2-)	46
53CR 47						4.286		47
53CR 48						4.294		48
53CR 49						4.317		49
53CR 50						4.331		50

53CR 51						4.347	(17/2+)	51
53CR 52				4.350	15/2-			52 0.12 PS LT
53CR 53						4.362		53
53CR 54						4.390		54
53CR 55		4.427	1/2+					55
53CR 56						4.453		56
53CR 57						4.484	(1/2+)	57
53CR 58						4.500		58
53CR 59						4.522		59
53CR 60						4.532		60

53CR 61						4.551		61
53CR 62						4.570		62
53CR 63						4.610	1/2-, 3/2-	63
53CR 64						4.642	3/2+, 5/2+	64
53CR 65						4.661	5/2-, 7/2-	65
53CR 66						4.675	3/2+, 5/2+	66
53CR 67		4.690	1/2+					67
53CR 68				4.697	19/2-			68 0.24 PS 4
53CR 69						4.710	3/2+, 5/2+	69
53CR 70						4.745		70

53CR 71						4.790		71
53CR 72						4.804		72
53CR 73						4.815		73
53CR 74						4.850		74
53CR 75						4.884		75
53CR 76						4.906		76
53CR 77						4.929		77
53CR 78						4.967		78
53CR 79				5.001	17/2-			79 0.10 PS +3-4
53CR 80						5.047		80

53CR 81						5.093	(3/2+, 5/2+)	81
53CR 82						5.123	3/2+, 5/2+	82
53CR 83						5.140		83

53CR 84			5.174		84
53CR 85			5.208		85
53CR 86			5.225		86
53CR 87			5.259	(21/2+)	87
53CR 88			5.265		88
53CR 89			5.274		89
53CR 90			5.310		90

53CR 91			5.330		91
53CR 92			5.397	1/2-, 3/2-	92
53CR 93			5.420	3/2+, 5/2+	93
53CR 94			5.452	1/2-, 3/2-	94
53CR 95			5.471		95
53CR 96			5.514		96
53CR 97			5.539	(21/2-)	97
53CR 98			5.557	(1/2-, 3/2-)	98
53CR 99			5.584		99
53CR 100			5.596		100

53CR 101			5.624		101
53CR 102			5.674		102
53CR 103			5.701		103
53CR 104			5.736		104
53CR 105			5.750		105
53CR 106			5.805		106
53CR 107			5.843		107
53CR 108			5.862		108
53CR 109			5.877		109
53CR 110			5.900		110

53CR 111			5.937		111
53CR 112			5.951		112
53CR 113			5.962		113
53CR 114			5.976		114
53CR 115			6.009	21/2(-)	115
53CR 116			6.039		116
53CR 117			6.068		117
53CR 118			6.114		118
53CR 119			6.135		119
53CR 120			6.154		120

53CR 121			6.180		121
53CR 122			6.216		122
53CR 123			6.231	(1/2+)	123
53CR 124			6.258		124
53CR 125	6.305	1/2+			125
53CR 126			6.335		126
53CR 127			6.370		127
53CR 128			6.387		128
53CR 129			6.415		129

53CR 130				6.430		130
53CR 131				6.445		131
53CR 132				6.460		132
53CR 133				6.495		133
53CR 134				6.524	(3/2,5/2)+	134
53CR 135				6.550		135
53CR 136				6.575		136
53CR 137				6.600		137
53CR 138				6.630	(3/2,5/2)+	138
53CR 139	6.665	1/2+				139
53CR 140	6.700	1/2+				140
53CR 141				6.735	(3/2,5/2)+	141
53CR 142				6.781		142
53CR 143				6.800		143
53CR 144	6.831	1/2+				144
53CR 145				6.873		145
53CR 146				6.896		146
53CR 147				6.927	3/2+,5/2+	147
53CR 148				6.928	23/2(-)	148
53CR 149	6.961	1/2+				149
53CR 150				7.004		150
53CR 151				7.025		151
53CR 152				7.056		152
53CR 153				7.080		153
53CR 154				7.120		154
53CR 155				7.140		155
53CR 156	7.167	1/2+				156
53CR 157				7.225		157
53CR 158				7.288		158
53CR 159				7.300		159
53CR 160				7.321		160
53CR 161				7.385		161
53CR 162				7.440		162
53CR 163				7.484		163
53CR 164				7.500		164
53CR 165				7.542		165
53CR 166				7.567	(21/2-)	166
53CR 167				7.573		167
53CR 168				7.605		168
53CR 169				7.614	25/2(-)	169
53CR 170				7.619		170
53CR 171				7.695		171
S-n =	7.939	(0.001)				
53CR 172			7.939	3/2-		172
S-alpha=	9.148	(0.000)				

53CR 173				9.299	(23/2-)	173
53CR 174				9.458	(25/2-)	174
53CR 175				10.111	(27/2-)	175
53CR 176			10.650	7/2-		176
S-p	=	11.132	(0.001)	-----		
53CR 177				11.291	(25/2-)	177
53CR 178		12.520	1/2+			178
53CR 179				12.590	3/2+, 5/2+	179
S-p	=	11.132	(0.001)	-----		
S-n	=	7.939	(0.001)	-----		
S-2p	=	20.132	(0.001)	-----		
S-2n	=	19.978	(0.001)	-----		
S-alpha	=	9.148	(0.000)	-----		
S+p	=	-7.560	(0.001)			
S+n	=	-9.719	(0.001)			
S+2p	=	-16.772	(0.000)			
S+2n	=	-15.965	(0.001)			
S+alpha	=	-7.320	(0.000)			
gap p	=	3.573	(0.001)			
gap n	=	-1.780	(0.001)			
gap 2p	=	3.360	(0.001)			
gap 2n	=	4.013	(0.001)			
gap alpha	=	1.828	(0.001)			