^{54}Cr $Z = 24$ $N = 30$ link to full NNDC output

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

BE = 474.010 (0.000) MeV

	Energy	T	J+		J-		J-other		T1/2	
54CR 1	0.000		0+					1	STABLE	
54CR 2	0.835		2+					2	8.0 PS	3
54CR 3	1.824		4+					3	1.9 PS	6
54CR 4	2.620		2+					4	78 FS	15
54CR 5	2.830		0+					5	0.15 PS	+6-4
54CR 6	3.074		2+					6	7.1 FS	4
54CR 7	3.160		4+					7	0.24 PS	+5-4
54CR 8	3.222		6+					8	0.49 PS	14
54CR 9						3.393	(1-,2-)	9	15 FS	+14-7
54CR 10	3.437		2+					10	8 FS	3
54CR 11						3.468		11		
54CR 12						3.514		12		
54CR 13	3.655		4+					13	6 FS	LT
54CR 14						3.720	1+,2+	14	16.6 FS	14
54CR 15						3.786	(4)+	15	2.8 PS	GT
54CR 16	3.799		4+					16	51 FS	+9-8
54CR 17	3.861		2+					17		
54CR 18						3.870		18	28 FS	GT
54CR 19	3.926		2+					19		
54CR 20	3.928		2+					20		
54CR 21						3.987		21	42 FS	GT
54CR 22	4.013		0+					22	1.4 FS	+21-14
54CR 23	4.043		5+					23	28 FS	+13-10
54CR 24						4.083	(2,3,4)+	24		
54CR 25						4.126	2	25		
54CR 26				4.127	3-			26		
54CR 27	4.191		2+					27		
54CR 28						4.218	(2)+,3+	28		
54CR 29	4.239		2+					29		
54CR 30	4.256		2+					30		
54CR 31						4.381	(2-)	31		
54CR 32	4.451		4+					32		
54CR 33						4.458	1+,(2+)	33		
54CR 34						4.571	(2-),3-	34		
54CR 35	4.583		0+					35		
54CR 36						4.618		36		
54CR 37	4.634		2+					37		
54CR 38						4.681	(8)+	38	0.55 PS	7

54CR	39					4.689		39
54CR	40					4.740		40
54CR	41			4.845	2-			41
54CR	42					4.865	(1-,4+)	42
54CR	43	4.872	2+					43
54CR	44					4.921		44
54CR	45					4.936		45
54CR	46					4.997		46
54CR	47					5.017		47
54CR	48					5.026		48
54CR	49	5.062	4+					49
54CR	50					5.086	(7)	50
54CR	51	5.114	2+					51
54CR	52					5.156		52
54CR	53	5.190	2+					53
54CR	54					5.191		54
54CR	55					5.215		55
54CR	56	5.227	2+					56
54CR	57	5.268	2+					57
54CR	58	5.275	2+					58
54CR	59	5.291	2+					59
54CR	60					5.294	1+,2+	60
54CR	61					5.321		61
54CR	62					5.346	2	62
54CR	63	5.364	7+					63 0.24 PS 6
54CR	64					5.387		64
54CR	65	5.458	2+					65
54CR	66					5.498		66
54CR	67	5.557	4+					67
54CR	68					5.587	1+,2+	68
54CR	69					5.670		69
54CR	70					5.698		70
54CR	71					5.740		71
54CR	72					5.771		72
54CR	73					5.798	(7)	73
54CR	74					5.821		74
54CR	75					5.856		75
54CR	76					5.893	(+)	76
54CR	77					5.935		77
54CR	78					5.981		78
54CR	79					6.113		79
54CR	80					6.120		80
54CR	81					6.142		81
54CR	82					6.193		82
54CR	83					6.212		83

54CR 84			6.255		84	
54CR 85			6.289		85	
54CR 86			6.316		86	
54CR 87			6.350		87	
54CR 88			6.374		88	
54CR 89			6.391		89	
54CR 90			6.421		90	
54CR 91			6.446	(9)	91	
54CR 92			6.510		92	
54CR 93			6.525		93	
54CR 94			6.556		94	
54CR 95			6.585		95	
54CR 96	6.618 9+				96	
54CR 97			6.633		97	
54CR 98			6.658		98	
54CR 99			6.678		99	
54CR 100			6.699		100	
54CR 101			6.720	(10+)	101	0.10 PS LT
54CR 102			6.726	(10)+	102	
54CR 103			6.743		103	
54CR 104			6.780		104	
54CR 105			6.814		105	
54CR 106			6.831		106	
54CR 107			6.875		107	
54CR 108			6.899		108	
54CR 109			6.941		109	
54CR 110			6.960		110	
54CR 111			6.991		111	
54CR 112			7.050		112	
54CR 113			7.084		113	
54CR 114			7.103		114	
54CR 115			7.127		115	
54CR 116			7.159		116	
54CR 117			7.174		117	
54CR 118			7.199		118	
54CR 119			7.235	(9)	119	
54CR 120			7.292	(9)	120	
54CR 121			7.370		121	
54CR 122			7.400		122	
54CR 123			7.590	(-)	123	
54CR 124			7.850		124	
54CR 125			7.895	(10)	125	
S-alpha= 7.928 (0.000)						
54CR 126			8.237	(11+)	126	
54CR 127			8.300		127	
54CR 128			8.500		128	

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 54CR 129 |                |                |   8.825     (12+)          129
 54CR 130 |                |                |   8.859     (10)           130
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 54CR 131 |                |                |   8.990     +              131
 54CR 132 |                |                |   9.154     (11)           132
 54CR 133 |                |                |   9.300                    133
 54CR 134 |                |                |   9.420     +              134
 54CR 135 |                |                |   9.634     (12+)          135
S-n    =   9.719 ( 0.001)-------------------------------------------------------------------------
 54CR 136 |                |                |   9.972     (13+)          136
 54CR 137 |                |                |  10.552     (11+)          137
 54CR 138 |                |                |  11.116     (11)           138
 54CR 139 |                |                |  11.786     (15+)          139
S-p    =  12.373 ( 0.003)-------------------------------------------------------------------------
 54CR 140 |                |                |  12.540     (13)           140
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S-p    =  12.373 ( 0.003)-------------------------------------------------------------------------
S-n    =   9.719 ( 0.001)-------------------------------------------------------------------------
S-2p   =  22.043 ( 0.007)-------------------------------------------------------------------------
S-2n   =  17.658 ( 0.001)-------------------------------------------------------------------------
S-alpha=   7.928 ( 0.000)-------------------------------------------------------------------------

S+p       =  -8.067 ( 0.001)
S+n       =  -6.246 ( 0.001)
S+2p      = -18.250 ( 0.000)
S+2n      = -14.493 ( 0.001)
S+alpha   =  -7.645 ( 0.001)

gap p     =   4.306 ( 0.003)
gap n     =   3.473 ( 0.001)
gap 2p    =   3.793 ( 0.007)
gap 2n    =   3.165 ( 0.001)
gap alpha =   0.283 ( 0.001)
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