

^{54}Cr $Z = 24$ $N = 30$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

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

54CR 129				8.825	(12+)	129
54CR 130				8.859	(10)	130

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	(0.000)	-----		
54CR 136				9.972	(13+)	136
S-p	=	12.373	(0.003)	-----		
S-n	=	9.719	(0.000)	-----		
S-2p	=	22.036	(0.003)	-----		
S-2n	=	17.659	(0.000)	-----		
S-alpha	=	7.928	(0.000)	-----		
S+p	=	-8.066	(0.000)			
S+n	=	-6.246	(0.000)			
S+2p	=	-18.250	(0.000)			
S+2n	=	-14.492	(0.001)			
S+alpha	=	-7.645	(0.000)			
gap p	=	4.307	(0.003)			
gap n	=	3.473	(0.000)			
gap 2p	=	3.786	(0.003)			
gap 2n	=	3.166	(0.001)			
gap alpha	=	0.284	(0.000)			