

^{55}Cr $Z = 24$ $N = 31$ [link to full NNDC output](#)

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

BE = 480.256 (0.000) MeV

Qbeta- = 2.603 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
55CR 1			0.000	3/2-	1 3.497 M 3
55CR 2			0.242	1/2-	2
55CR 3			0.518	5/2-	3 5.2 PS LT
55CR 4			0.566	3/2-	4
55CR 5			0.881	5/2-	5
55CR 6				1.131	6
55CR 7			1.215	5/2-	7 3.5 PS +69-14
55CR 8			1.439	9/2-	8 4.2 PS 14
55CR 9			1.474	1/2-	9
55CR 10			1.479	7/2-	10
55CR 11	2.008	5/2+			11
55CR 12			2.084	3/2-	12
55CR 13	2.086	9/2+			13
55CR 14	2.269	1/2+			14
55CR 15				2.314 (9/2-)	15
55CR 16			2.320	3/2-	16
55CR 17				2.355	17
55CR 18			2.390	11/2-	18
55CR 19				2.545 (5/2-,7/2-)	19
55CR 20				2.596 5/2-,7/2-	20
55CR 21				2.687 1/2-,3/2-	21
55CR 22			2.710	3/2-	22
55CR 23			2.755	13/2-	23 3.5 PS LT
55CR 24				2.874 3/2+,5/2+	24
55CR 25	2.880	13/2+			25
55CR 26			2.895	1/2-	26
55CR 27			2.989	13/2-	27
55CR 28				3.009	28
55CR 29				3.017 1/2-,3/2-	29
55CR 30				3.114 (+)	30
55CR 31			3.145	5/2-	31
55CR 32			3.183	13/2-	32
55CR 33				3.200 1/2-,3/2-	33
55CR 34				3.294	34
55CR 35				3.306 (15/2)	35 2.1 PS 14
55CR 36				3.351 1/2-,3/2-	36
55CR 37				3.519 (1/2-,3/2-)	37

55CR 38				3.574	3/2-		38
55CR 39						3.631	39
55CR 40						3.696 (1/2-,3/2-)	40

55CR 41						3.800	41
55CR 42						3.810	42
55CR 43						3.828	43
55CR 44						3.852 (3/2+,5/2+)	44
55CR 45						3.902	45
55CR 46						3.938 3/2+,5/2+	46
55CR 47						4.001	47
55CR 48		4.005	17/2+				48
55CR 49		4.044	1/2+				49
55CR 50						4.059 (1/2-,3/2-)	50

55CR 51						4.142 (3/2+,5/2+)	51
55CR 52				4.152	17/2-		52
55CR 53						4.181 1/2-,3/2-	53
55CR 54						4.276	54
55CR 55						4.308	55
55CR 56		4.382	1/2+				56
55CR 57						4.418 3/2+,5/2+	57
55CR 58						4.466 1/2-,3/2-	58
55CR 59						4.517	59
55CR 60						4.545	60

55CR 61						4.571	61
55CR 62						4.607	62
55CR 63						4.631	63
55CR 64						4.646	64
55CR 65						4.663 3/2+,5/2+	65
55CR 66						4.734	66
55CR 67		4.739	1/2+				67
55CR 68						4.767	68
55CR 69						4.854 3/2+,5/2+	69
55CR 70						4.869	70

55CR 71						4.900	71
55CR 72						4.950	72
55CR 73						4.962 (3/2+,5/2+)	73
55CR 74						5.016	74
55CR 75						5.049	75
55CR 76						5.070 (5/2-,7/2-)	76
55CR 77						5.093	77
55CR 78						5.118	78
55CR 79						5.154	79
55CR 80						5.157	80

55CR 81						5.199	81
55CR 82						5.245	82

55CR 83				5.264	83
55CR 84				5.295	84
55CR 85				5.327	85
55CR 86				5.352	86
55CR 87				5.433	87
55CR 88				5.455	88
55CR 89				5.489	89
55CR 90				5.515	90

55CR 91				5.575	91
55CR 92				5.615	92
55CR 93		5.649	21/2+		93
55CR 94				5.668	94
55CR 95				5.719	95
55CR 96				5.750	96
55CR 97				5.806	97
55CR 98				5.820	98
55CR 99				5.858	99
55CR 100				5.885	100

55CR 101				5.956	101
55CR 102				5.980	102
55CR 103				6.000	103
55CR 104				6.068	104
55CR 105				6.136	105
55CR 106				6.164	106

S-n	=	6.246	(0.001)	-----	
55CR 107				6.306	107
55CR 108				6.556	108
55CR 109				6.583	109
55CR 110				6.644	110

55CR 111		7.433	25/2+		111

S-p	=	12.505	(0.015)	-----	
S-n	=	6.246	(0.001)	-----	
S-2p	=	22.857	(0.100)	-----	
S-2n	=	15.965	(0.001)	-----	
S-alpha	=	7.802	(0.001)	-----	

S+p	=	-9.091	(0.001)		
S+n	=	-8.247	(0.001)		
S+2p	=	-19.650	(0.000)		
S+2n	=	-13.558	(0.001)		
S+alpha	=	-7.980	(0.001)		

gap p	=	3.415	(0.015)		
gap n	=	-2.000	(0.001)		
gap 2p	=	3.206	(0.100)		

gap 2n = 2.408 (0.001)
gap alpha = -0.178 (0.001)