

^{56}Cr $Z = 24$ $N = 32$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 488.503 (0.001) MeV

Qbeta- = 1.627 (0.001) MeV

	Energy T	J+		J-		J-other		T1/2

56CR 1	0.000	0+					1	5.94 M 10
56CR 2	1.007	2+					2	3.82 PS 10
56CR 3	1.675	(0+)					3	
56CR 4	1.832	2+					4	
56CR 5	2.077	4+					5	2.18 PS 8
56CR 6	2.278	(3+)					6	
56CR 7	2.326	2+					7	0.055 PS LE
56CR 8	2.682	(4+)					8	0.7 PS GE
56CR 9	2.688	(4+)					9	
56CR 10	2.823	(4+)					10	

56CR 11						3.117	11	
56CR 12						3.164 (2+,3,4+)	12	0.21 PS LE
56CR 13	3.252	6+					13	0.7 PS GE
56CR 14						3.402	14	
56CR 15				3.451	3-		15	
56CR 16	3.509	2+					16	
56CR 17	3.529	(5+)					17	
56CR 18						3.648	18	
56CR 19						3.675	19	
56CR 20				3.794	3-		20	

56CR 21						3.819	21	
56CR 22	3.841	6(+)					22	
56CR 23	3.897	0+					23	
56CR 24						3.916	24	
56CR 25						4.014	25	
56CR 26						4.112	26	
56CR 27						4.158 (5,6,7+)	27	
56CR 28						4.175	28	
56CR 29						4.247	29	
56CR 30						4.284	30	

56CR 31						4.349	31	
56CR 32						4.445	32	
56CR 33				4.448	(7-)		33	0.7 PS GE
56CR 34						4.631	34	
56CR 35						4.678	35	
56CR 36						4.733 (6+,7+)	36	

56CR 37		4.751	8+					37
56CR 38							4.800	38
56CR 39							4.848	39
56CR 40							4.892	40

56CR 41							4.924	41
56CR 42							4.989	42
56CR 43					5.060	(5-)		43
56CR 44					5.121	(3-)		44
56CR 45		5.268	(8+)					45
56CR 46					5.601	(9-)		46
56CR 47					5.990	(5-)		47
56CR 48					6.200	(5-)		48
56CR 49							6.295 (8+,9,10+	49
56CR 50		6.518	10+					50

56CR 51							6.873	51
56CR 52							6.879 (9,10,11-	52
56CR 53					7.057	(11-)		53
56CR 54							7.330 (6+,8+)	54
56CR 55							7.692	55

S-alpha=		8.232	(0.003)	-----				
S-n	=	8.246	(0.001)	-----				

56CR 56		8.465	12+					56
56CR 57					8.768	(13-)		57
56CR 58					10.850	(15-)		58
56CR 59					13.159	(17-)		59

S-p	=	13.449	(0.027)	-----				
S-n	=	8.246	(0.001)	-----				
S-2p	=	24.119	(0.016)	-----				
S-2n	=	14.492	(0.001)	-----				
S-alpha=		8.232	(0.003)	-----				

S+p	=	-9.490	(0.002)					
S+n	=	-5.311	(0.002)					
S+2p	=	-21.448	(0.001)					
S+2n	=	-12.849	(0.003)					
S+alpha	=	-8.553	(0.003)					

gap p	=	3.959	(0.027)					
gap n	=	2.935	(0.002)					
gap 2p	=	2.671	(0.016)					
gap 2n	=	1.643	(0.003)					
gap alpha	=	-0.321	(0.004)					