

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

Based on ENSDF from Oct 2022, 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 1.4 PS GE
56CR 3				1.674 (0+)	3
56CR 4	1.832	2+			4
56CR 5				2.077	5 2.8 PS LE
56CR 6	2.327	2+			6 0.06 PS LE
56CR 7	2.682	4+			7 0.7 PS GE
56CR 8				3.165	8 0.2 PS LE
56CR 9				3.252	9 0.7 PS GE
56CR 10				3.402	10
56CR 11			3.451 3-		11
56CR 12	3.509	2+			12
56CR 13				3.648	13
56CR 14				3.675	14
56CR 15			3.794 3-		15
56CR 16				3.819	16
56CR 17	3.897	0+			17
56CR 18				3.916	18
56CR 19				4.014	19
56CR 20				4.112	20
56CR 21				4.175	21
56CR 22				4.247	22
56CR 23				4.284	23
56CR 24				4.349	24
56CR 25				4.449	25 0.7 PS GE
56CR 26				4.631	26
56CR 27				4.678	27
56CR 28				4.800	28
56CR 29				4.848	29
56CR 30				4.892	30
56CR 31				4.924	31
56CR 32				4.989	32
56CR 33				5.060	33
56CR 34				5.121 (3-)	34
56CR 35				5.603	35
56CR 36				6.150	36
56CR 37				7.230	37

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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)
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