

^{57}Cr $Z = 24$ $N = 33$ adopted link ENSDF link

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

BE = 493.814 (0.002) MeV

Qbeta- = 4.961 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2
57CR 1				0.000 (3/2)-	1 21.1 S 10
57CR 2				0.268 (5/2-)	2
57CR 3				0.693 (5/2-)	3
57CR 4				0.942 (7/2-)	4
57CR 5				1.507 (9/2+)	5
57CR 6				1.581 (9/2-)	6
57CR 7				1.585	7
57CR 8				1.858 (9/2-)	8
57CR 9				2.098 (11/2-)	9
57CR 10				2.345 (13/2+)	10
57CR 11				2.612 (13/2-)	11
57CR 12				3.378	12
57CR 13				3.500 (17/2+)	13
57CR 14				3.555 (15/2-)	14
57CR 15				4.136	15
57CR 16				4.827	16
57CR 17				4.856	17
57CR 18				4.920	18
57CR 19				5.019 (21/2+)	19
S-n =	5.311 (0.002)				
57CR 20				6.815 (25/2+)	20
S-alpha=	8.068 (0.003)				
57CR 21				8.844 (29/2+)	21
S-p =	13.631 (0.176)				
S-n =	5.311 (0.002)				
S-2p =	25.270 (0.029)				
S-2n =	13.557 (0.002)				
S-alpha=	8.068 (0.003)				
S+p =	-10.592 (0.003)				
S+n =	-7.538 (0.004)				
S+2p =	-22.718 (0.002)				
S+2n =	-11.734 (0.002)				
S+alpha =	-8.820 (0.003)				
gap p =	3.039 (0.176)				

gap n = -2.227 (0.004)
gap 2p = 2.553 (0.029)
gap 2n = 1.824 (0.003)
gap alpha = -0.752 (0.005)