^{57}Cr $Z = 24$ $N = 33$ link to full NNDC output

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

BE = 493.813 (0.001) MeV
Qbeta- = 4.962 (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 (0.001)							
57CR 20				6.815	(25/2+)	20		
S-alpha=	8.119 (0.100)							
57CR 21				8.844	(29/2+)	21		
57CR 22				10.972	(33/2+)	22		
57CR 23				12.950	(37/2+)	23		

S-p = 13.659 (0.177)
S-n = 5.311 (0.001)
S-2p = 25.435 (0.162)
S-2n = 13.558 (0.001)
S-alpha= 8.119 (0.100)

S+p = -10.592 (0.003)
S+n = -7.538 (0.002)
S+2p = -22.718 (0.001)
S+2n = -11.704 (0.216)
S+alpha = -8.821 (0.003)

```
gap p     =   3.067 ( 0.177)
gap n     =  -2.227 ( 0.002)
gap 2p    =   2.716 ( 0.162)
gap 2n    =   1.854 ( 0.216)
gap alpha =  -0.702 ( 0.100)
```