

$^{59}\text{Cr}$        $Z = 24$        $N = 35$       [link to full NNDC output](#)

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

BE = 505.517 ( 0.216) MeV

Qbeta- = 7.440 ( 0.216) MeV

	Energy T	J+	J-	J-other	T1/2
59CR 1				0.000 (1/2-)	1 0.74 S 28
59CR 2				0.207 (3/2-)	2
59CR 3				0.310 (5/2-)	3
59CR 4				0.503 (9/2+)	4 96 US 20
59CR 5				0.524	5
59CR 6				0.800	6
59CR 7				0.828 (7/2-)	7
59CR 8				0.915	8
59CR 9				1.084 (9/2)-	9
59CR 10				1.316 (13/2+)	10
59CR 11				1.341	11
59CR 12				1.366	12
59CR 13				1.532	13
59CR 14				2.509	14

S-p = 14.973 ( 0.234)-----  
 S-n = 4.165 ( 0.216)-----  
 S-2p = 28.748 ( 0.336)-----  
 S-2n = 11.704 ( 0.216)-----  
 S-alpha = 8.843 ( 0.270)-----

S+p = -12.171 ( 0.216)  
 S+n = -6.655 ( 0.290)  
 S+2p = -25.413 ( 0.216)  
 S+2n = -10.532 ( 0.239)  
 S+alpha = -9.975 ( 0.216)

gap p = 2.802 ( 0.319)  
 gap n = -2.490 ( 0.362)  
 gap 2p = 3.335 ( 0.399)  
 gap 2n = 1.172 ( 0.322)  
 gap alpha = -1.132 ( 0.346)