

^{60}Cr $Z = 24$ $N = 36$ adopted link ENSDF link

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

BE = 512.411 (0.001) MeV

Qbeta- = 6.059 (0.003) MeV

	Energy T	J+	J-	J-other	T1/2
60CR 1	0.000	0+			1 0.49 S 1
60CR 2				0.644 (2+)	2 23 PS 3
60CR 3				1.461 (4+)	3
60CR 4				1.819 (3,4)	4
60CR 5				2.446 (6+)	5
60CR 6				2.630 (5,6)	6
60CR 7				3.477 (8+)	7
60CR 8				4.681 (10+)	8

S-p = 16.587 (0.137)-----

S-n = 6.864 (0.001)-----

S-2p = 30.569 (0.183)-----

S-2n = 11.059 (0.003)-----

S-alpha= 9.910 (0.100)-----

S+p = -12.123 (0.003)

S+n = -3.659 (0.002)

S+2p = -26.547 (0.003)

S+2n = -10.087 (0.004)

S+alpha = -10.486 (0.005)

gap p = 4.464 (0.137)

gap n = 3.205 (0.003)

gap 2p = 4.021 (0.183)

gap 2n = 0.973 (0.005)

gap alpha = -0.576 (0.100)