^{60}Cr $Z = 24$ $N = 36$ link to full NNDC output

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

BE = 512.172 (0.194) MeV
Qbeta- = 6.298 (0.194) MeV

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

S-p = 16.127 (0.252)
S-n = 6.655 (0.290)
S-2p = 0.000 (0.000)
S-2n = 10.820 (0.194)
S-alpha= 9.774 (0.228)

S+p = -12.362 (0.194)
S+n = -3.877 (0.219)
S+2p = -26.786 (0.194)
S+2n = -10.368 (0.244)
S+alpha = -10.725 (0.194)

gap p = 3.765 (0.318)
gap n = 2.778 (0.363)
gap 2p = 0.000 (0.000)
gap 2n = 0.452 (0.311)
gap alpha = -0.950 (0.300)