

$^{64}\text{Cr}$        $Z = 24$        $N = 40$       adopted link      ENSDF link

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

BE      =      531.428 ( 0.300) MeV

Qbeta- =      9.349 ( 0.300) MeV

	Energy T	J+	J-	J-other	T1/2
64CR	1   0.000	0+			1 42.9 MS 10
64CR	2   0.429	2+			2 125 PS +49-29
64CR	3			1.139 (4+)	3
64CR	4			2.101 (6+)	4

S-p = 19.189 ( 0.453)-----

S-n = 5.533 ( 0.309)-----

S-2p = 36.048 ( 0.478)-----

S-2n = 8.930 ( 0.300)-----

S-alpha= 13.965 ( 0.384)-----

S+p = -14.616 ( 0.300)

S+n = -2.742 ( 0.358)

S+2p = -31.006 ( 0.300)

S+2n = -7.660 ( 0.446)

S+alpha = -12.700 ( 0.363)

gap p = 4.572 ( 0.544)

gap n = 2.791 ( 0.472)

gap 2p = 5.042 ( 0.564)

gap 2n = 1.270 ( 0.537)

gap alpha = 1.265 ( 0.528)