

^{53}Co $Z = 27$ $N = 26$ [link to full NNDC output](#)

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

BE = 449.316 (0.002) MeV

Qbeta+ = 8.288 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2	
53CO	1			0.000 (7/2-)	1	240 MS 9
53CO	2			1.327 (9/2-)	2	
S-p	= 1.618 (0.005)	-----				
53CO	3			2.367 (11/2-)	3	
53CO	4			3.197 (19/2-)	4	247 MS 12
53CO	5			3.261 (13/2-)	5	
53CO	6			3.581 (15/2-)	6	
53CO	7			4.115 (17/2-)	7	
53CO	8			4.390 (7/2-)	8	

S-p = 1.618 (0.005)-----

S-n = 16.370 (0.009)-----

S-2p = 8.993 (0.002)-----

S-2n = 31.460 (0.048)-----

S-alpha= 7.464 (0.003)-----

S+p = -3.908 (0.005)

S+n = -13.422 (0.002)

S+2p = -3.554 (0.156)

S+2n = -27.513 (0.002)

S+alpha = -7.074 (0.002)

gap p = -2.290 (0.007)

gap n = 2.948 (0.009)

gap 2p = 5.440 (0.156)

gap 2n = 3.947 (0.049)

gap alpha = 0.389 (0.003)