

$^{54}\text{Co}$        $Z = 27$        $N = 27$       [link to full NNDC output](#)

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

BE = 462.738 ( 0.000) MeV

Qbeta+ = 8.245 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
54CO	1	0.000 1 ( 0+			1 193.28 MS 7
54CO	2	0.197 0 ( 7+			2 1.48 M 2
54CO	3	0.937 0 ( 1+			3
54CO	4	1.446 1 ( 2+			4
54CO	5	1.614 0 ( 1+			5
54CO	6	1.822 0 ( 3+			6
54CO	7	1.887 0 ( 5+			7
54CO	8	2.010 1+			8
54CO	9			2.083 (5+)	9
54CO	10			2.086 (5+)	10
54CO	11	2.149 0 ( 5+			11
54CO	12	2.174 0 ( 3+			12
54CO	13			2.278 (3+)	13
54CO	14			2.289 0 ( (3)	14
54CO	15	2.350 1+			15
54CO	16			2.390	16
54CO	17	2.425 1+			17
54CO	18	2.652 1 ( 4+			18
54CO	19			2.657	19
54CO	20			2.758	20
54CO	21			2.839	21
54CO	22	2.851 0 ( 4+			22
54CO	23			2.912 (6+)	23
54CO	24			2.916	24
54CO	25			2.919 (3)	25
54CO	26			2.979	26
54CO	27			3.045	27
54CO	28			3.085	28
54CO	29			3.095	29
54CO	30			3.109	30
54CO	31			3.128	31
54CO	32			3.143	32
54CO	33			3.156	33
54CO	34			3.167	34
54CO	35			3.171 (9+)	35
54CO	36			3.266	36
54CO	37			3.307	37

54C0	38						3.326		38
54C0	39						3.346		39
54C0	40		3.364	8+					40
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54C0	41		3.376	1+					41
54C0	42						3.399		42
54C0	43						3.504		43
54C0	44						3.680		44
54C0	45						3.794		45
54C0	46		3.890	1+					46
54C0	47						4.000		47
54C0	48						4.078		48
54C0	49		4.130	1+					49
54C0	50		4.293	1+					50
-----									
54C0	51		4.323	1+					51
S-p	=	4.351 ( 0.002)		-----					
54C0	52						4.420		52
54C0	53		4.544	1+					53
54C0	54						4.728	(11+)	54
54C0	55		4.823	1+					55
54C0	56		5.047	10+					56
54C0	57						5.115		57
54C0	58						5.189		58
54C0	59		5.202	1+					59
54C0	60		5.294	1+					60
-----									
54C0	61		5.358	10+					61
54C0	62		5.470	1+					62
54C0	63						5.762		63
54C0	64						5.857		64
54C0	65		5.917	1+					65
54C0	66						6.092		66
54C0	67		6.127	1+					67
54C0	68						6.250		68
54C0	69						6.372		69
54C0	70		6.476	1+					70
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54C0	71						6.541		71
54C0	72		6.805	1+					72
54C0	73						6.897	(11+)	73
54C0	74		7.149	1+					74
54C0	75						7.241	(12+)	75
54C0	76						7.250		76
54C0	77						7.404		77
54C0	78		7.454	8+ to 10+					78
54C0	79		7.466	1+					79
54C0	80						7.486		80
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54C0	81						7.560		81

54C0 82						7.660		82
54C0 83		7.730	1+					83
S-alpha= 7.807 ( 0.001)-----								
54C0 84						7.877		84
54C0 85		7.963	1+					85
54C0 86						8.038		86
54C0 87						8.089		87
54C0 88						8.170		88
54C0 89		8.290	1+					89
54C0 90						8.332	(12+)	90
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54C0 91						8.341	1 (	91
54C0 92						8.417	0 (	92
54C0 93		8.418	13+					93
54C0 94						8.713	0 (	94
54C0 95		8.790	1+					95
54C0 96						8.823		96
54C0 97						8.827	1 (	97
54C0 98						8.877	0 (	98
54C0 99						8.962	(0)	99
54C0 100						8.991	1 (	100
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54C0 101		9.014	(0) 1+					101
54C0 102						9.074	1 (	102
54C0 103						9.105	1 (	103
54C0 104						9.154	1 (	104
54C0 105						9.236	0 (	105
54C0 106						9.271	0 (	106
54C0 107		9.367	1 ( 1+					107
54C0 108						9.440	1 (	108
54C0 109						9.509	1 (	109
54C0 110		9.680	1+					110
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54C0 111						9.689	(13+)	111
54C0 112						9.750	0 (	112
54C0 113						9.810		113
54C0 114						9.865	0 (	114
54C0 115						9.930	1 (	115
54C0 116						9.982	0 (	116
54C0 117						9.994	(13+)	117
54C0 118		10.067	(1) 1+					118
54C0 119						10.093	(1)	119
54C0 120						10.146	(0)	120
-----								
54C0 121						10.180	(2)	121
54C0 122		10.209	(2) 1+					122
54C0 123						10.252		123
54C0 124						10.305	(2)	124
54C0 125						10.384	0 (	125
54C0 126						10.465	(2)	126

54C0 127				10.486 (14+)	127
54C0 128				10.507	128
54C0 129				10.562 2 (	129
54C0 130				10.644 (2)	130
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54C0 131				10.719 (0)	131
54C0 132				10.971 2 (	132
54C0 133				11.050	133
54C0 134				11.108 (1)	134
54C0 135				11.229 (2)	135
54C0 136				11.280 (1)	136
54C0 137				11.393 (0)	137
54C0 138				11.433 (1)	138
54C0 139				11.498 (0)	139
54C0 140				11.573 2 (	140
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54C0 141				11.660	141
54C0 142				11.759 2 (	142
S-2p	=	11.881 ( 0.002)	-----		
54C0 143				11.896 2 (	143
54C0 144				12.210	144
S-n	=	13.422 ( 0.002)	-----		
54C0 145				13.440	145
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S-p	=	4.351 ( 0.002)	-----		
S-n	=	13.422 ( 0.002)	-----		
S-2p	=	11.881 ( 0.002)	-----		
S-2n	=	29.792 ( 0.008)	-----		
S-alpha	=	7.807 ( 0.001)	-----		
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S+p	=	-4.615 ( 0.001)			
S+n	=	-14.091 ( 0.001)			
S+2p	=	-5.211 ( 0.015)			
S+2n	=	-24.173 ( 0.001)			
S+alpha	=	-6.083 ( 0.001)			
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gap p	=	-0.264 ( 0.002)			
gap n	=	-0.669 ( 0.002)			
gap 2p	=	6.670 ( 0.015)			
gap 2n	=	5.619 ( 0.008)			
gap alpha	=	1.725 ( 0.001)			