

^{54}Co $Z = 27$ $N = 27$ adopted link ENSDF link

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

BE = 462.738 (0.000) MeV

Qbeta+ = 8.245 (0.000) 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

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	=	4.352 (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

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

54C0	81					7.560		81

54C0	82						7.660		82
54C0	83		7.730		1+				83
S-alpha= 7.808 (0.000)-----									
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

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

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

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

S-p = 4.352 (0.002)-----
S-n = 13.422 (0.002)-----
S-2p = 11.877 (0.000)-----
S-2n = 29.809 (0.005)-----
S-alpha= 7.808 (0.000)-----

S+p = -4.615 (0.001)
S+n = -14.091 (0.001)

S+2p = -5.198 (0.006)
S+2n = -24.173 (0.001)
S+alpha = -6.083 (0.001)

gap p = -0.263 (0.002)
gap n = -0.669 (0.002)
gap 2p = 6.679 (0.006)
gap 2n = 5.636 (0.005)
gap alpha = 1.725 (0.001)