

^{55}Co $Z = 27$ $N = 28$ adopted link ENSDF link

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

BE = 476.829 (0.000) MeV

Qbeta+ = 3.451 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
55CO 1			0.000	7/2-	1 17.53 H 3
55CO 2			2.166	1/2 3/2-	2 98 FS 8
55CO 3			2.566	1/2 3/2-	3 0.39 PS 9
55CO 4			2.659	5/2-	4 21 FS 3
55CO 5			2.919	7/2-	5 47 FS 11
55CO 6	2.922	1/2+			6 49 FS +180-3
55CO 7			2.939	1/2-	7 120 FS 49
55CO 8				2.960	8
55CO 9			2.973	11/2-	9
55CO 10				2.976 9/2-, (7/2)	10 49 FS 18
55CO 11				2.990 (3/2)-	11
55CO 12			3.303	5/2-	12 52 FS 11
55CO 13			3.323	1/2 1/2-	13 44 FS 5
55CO 14				3.335 (5/2)-	14
55CO 15				3.553 (3/2,5/2)	15
55CO 16				3.563 (3/2+)	16 30 FS +42-14
55CO 17			3.643	3/2-	17 240 FS +99-71
55CO 18				3.650 1/2-, 3/2-	18
55CO 19				3.682	19
55CO 20				3.704 1/2-, 3/2-	20
55CO 21			3.725	5/2-	21 40 FS 6
55CO 22			3.737	13/2-	22
55CO 23			3.775	15/2-	23
55CO 24				3.859	24 71 FS +57-21
55CO 25				3.866 1/2	25
55CO 26				3.871 1/2-, 3/2-	26
55CO 27				3.933 1/2 (3/2-)	27
55CO 28				3.942 1/2-, 3/2-	28 120 FS GT
55CO 29				3.980	29
55CO 30			4.164	1/2 1/2-	30 32 FS 4
55CO 31			4.177	5/2-	31 11 FS 3
55CO 32				4.264	32
55CO 33				4.325	33
55CO 34				4.339	34
55CO 35				4.474	35
55CO 36				4.491	36
55CO 37			4.514	17/2-	37

55C0	38				4.537				38
55C0	39		4.548	5/2-					39 31 FS 7
55C0	40				4.588				40

55C0	41				4.628	1/2-,3/2-			41 9 FS 4
55C0	42		4.686	15/2-					42
55C0	43				4.713	1/2-,3/2-			43 0.21 PS +14-10
55C0	44		4.721	3/2-					44 21 FS LT
55C0	45		4.748	3/2-					45 21 FS 7
55C0	46				4.851				46
55C0	47				4.872				47
55C0	48				4.883				48
55C0	49				4.904				49
55C0	50				4.921	(15/2-)			50

55C0	51				4.961	(1/2)			51 6 FS 4
55C0	52				4.988				52 4 FS LT
S-p	=	5.064	(0.001)	-----					
55C0	53				5.065				53
55C0	54				5.081				54
55C0	55				5.099				55 11 FS LT
55C0	56				5.122				56
55C0	57		5.173	1/2-					57 7 FS +7-3
55C0	58				5.189	(1/2)-			58
55C0	59				5.242				59
55C0	60				5.259				60 11 FS 6

55C0	61				5.268				61
55C0	62				5.293				62
55C0	63				5.310				63
55C0	64				5.320	5/2-,7/2-			64
55C0	65				5.351				65
55C0	66				5.365				66
55C0	67				5.427				67
55C0	68		5.432	17/2-					68
55C0	69				5.461				69 6 FS LT
55C0	70				5.484	-			70

55C0	71				5.526				71
55C0	72				5.541				72
55C0	73				5.560	1/2-,3/2-			73
55C0	74				5.642				74
55C0	75				5.673				75
55C0	76				5.697				76
55C0	77				5.717				77
55C0	78		5.743	5/2-					78
55C0	79				5.764	(5/2-)			79
55C0	80				5.781				80

55C0	81				5.860				81

55C0 82				5.883	1/2-, 3/2-	82
55C0 83				5.933		83
55C0 84				5.943		84
55C0 85				5.960		85
55C0 86				5.986	7/2+, 9/2+	86
55C0 87				6.008	1/2-, 3/2-	87
55C0 88				6.035		88
55C0 89				6.063		89
55C0 90		6.069	9/2+			90 17.5 FS LT

55C0 91				6.094	(7/2)-	91
55C0 92				6.127		92
55C0 93				6.145		93
55C0 94				6.150	(5/2)+	94
55C0 95				6.167		95
55C0 96				6.176		96
55C0 97				6.205	(5/2)+	97
55C0 98				6.218		98
55C0 99				6.250		99
55C0 100			6.268 3/2-			100

55C0 101				6.328	(3/2)-	101
55C0 102				6.333	(17/2-)	102
55C0 103				6.341	(5/2-, 7/2-)	103
55C0 104				6.361		104
55C0 105				6.369	(5/2)+	105
55C0 106				6.377		106
55C0 107				6.405		107
55C0 108				6.426		108
55C0 109				6.447	(5/2)-	109
55C0 110				6.465	(23/2-)	110

55C0 111				6.486		111
55C0 112				6.508		112
55C0 113				6.513	3/2, (5/2)	113
55C0 114				6.531		114
55C0 115				6.541		115
55C0 116				6.576		116
55C0 117		6.596	19/2-			117
55C0 118				6.603	7/2+, 9/2+	118
55C0 119				6.627		119
55C0 120		6.642	19/2-			120

55C0 121				6.652		121
55C0 122				6.673	(5/2)-	122
55C0 123				6.689		123
55C0 124				6.701	5/2	124
55C0 125				6.713	(1/2)-	125
55C0 126				6.755	5/2	126
55C0 127		6.780	5/2-			127

55C0 128				6.802	(+)	128
55C0 129				6.825		129
55C0 130		6.834	3/2-			130

55C0 131				6.836	5/2(-)	131
55C0 132				6.876	7/2-,9/2	132
55C0 133				6.886		133
55C0 134				6.893	(5/2)-	134
55C0 135		6.917	5/2-			135
55C0 136				6.940		136
55C0 137				6.944	(1/2-)	137
55C0 138				6.951		138
55C0 139				7.008		139
55C0 140				7.025		140

55C0 141				7.038	(1/2-,3/2-)	141
55C0 142				7.102	5/2	142
55C0 143				7.110	(9/2)+	143
55C0 144				7.153		144
55C0 145				7.193	5/2	145
55C0 146				7.233	(3/2)	146
55C0 147				7.237	(1/2-)	147
55C0 148				7.239	7/2+,9/2+	148
55C0 149				7.239	(3/2-)	149
55C0 150				7.261	(1/2-)	150

55C0 151		7.269	3/2-			151
55C0 152				7.284		152
55C0 153		7.293	5/2-			153
55C0 154				7.320	5/2	154
55C0 155				7.325		155
55C0 156				7.328	(1/2-)	156
55C0 157				7.332		157
55C0 158				7.336		158
55C0 159				7.346		159
55C0 160				7.361		160

55C0 161				7.364		161
55C0 162				7.372		162
55C0 163				7.375		163
55C0 164		7.381	1/2-			164
55C0 165				7.393		165
55C0 166				7.403		166
55C0 167		7.456	1/2-			167
55C0 168		7.457	1/2-			168
55C0 169				7.460	3/2(-)	169
55C0 170				7.497		170

55C0 171				7.501		171
55C0 172		7.519	1/2-			172

55C0 173				7.525		173
55C0 174			7.529	19/2-		174
55C0 175				7.564		175
55C0 176				7.578	(3/2)+	176
55C0 177				7.595	(3/2-)	177
55C0 178				7.611		178
55C0 179				7.622	3/2+,5/2+	179
55C0 180				7.628	(5/2)	180

55C0 181				7.634	(5/2-)	181
55C0 182				7.643	(1/2-)	182
55C0 183				7.651	(5/2-)	183
55C0 184				7.663	(1/2-)	184
55C0 185				7.680	(5/2)	185
55C0 186				7.704	(5/2-)	186
55C0 187				7.747	(5/2)	187
55C0 188				7.749	(5/2-)	188
55C0 189			7.765	3/2-		189
55C0 190			7.766	1/2-		190

55C0 191	7.779	1/2+				191
55C0 192				7.792		192
55C0 193				7.806		193
55C0 194			7.816	1/2-		194
55C0 195			7.833	21/2-		195
55C0 196			7.837	1/2-		196
55C0 197				7.855		197
55C0 198				7.868	(5/2)	198
55C0 199				7.877	(5/2-)	199
55C0 200				7.881	(3/2-)	200

55C0 201				7.885	(7/2)	201
55C0 202				7.889		202
55C0 203				7.896		203
55C0 204				7.909		204
55C0 205			7.921	19/2-		205
55C0 206				7.931		206
55C0 207				7.939	(3/2-)	207
55C0 208				7.941		208
55C0 209				7.946		209
55C0 210				7.952		210

55C0 211	7.956	1/2+				211
55C0 212			7.965	1/2-		212
55C0 213				7.967	(5/2)+	213
55C0 214				7.977	(5/2+)	214
55C0 215				7.985		215
55C0 216				8.007		216
55C0 217				8.017		217
55C0 218				8.021	(5/2)-	218

55C0 219				8.030	1/2-				219
55C0 220				8.030	1/2-				220

55C0 221							8.051		221
55C0 222				8.057	1/2-				222
55C0 223				8.066	3/2-				223
55C0 224				8.067	3/2-				224
55C0 225							8.071	(7/2)-	225
55C0 226							8.075		226
55C0 227							8.089	(3/2+)	227
55C0 228							8.090		228
55C0 229							8.097		229
55C0 230							8.106	(5/2)-	230

55C0 231							8.124	(1/2-)	231
55C0 232		8.131	5/2+						232
55C0 233				8.134	1/2-				233
55C0 234				8.137	5/2-				234
55C0 235				8.141	3/2-				235
55C0 236				8.145	1/2-				236
55C0 237				8.156	7/2-				237
55C0 238				8.159	21/2-				238
55C0 239		8.168	5/2+						239
55C0 240		8.172	5/2+						240

55C0 241							8.174	(1/2)-	241
55C0 242							8.180		242
55C0 243				8.191	1/2-				243
55C0 244				8.200	5/2-				244
55C0 245							8.205		245
55C0 246							8.209		246

S-alpha=	8.212	(0.001)	-----						
55C0 247		8.212	1/2+						247
55C0 248							8.215	(3/2+)	248
55C0 249							8.222		249
55C0 250							8.235	(5/2)+	250

55C0 251							8.240		251
55C0 252				8.262	3/2-				252
55C0 253							8.273	(5/2)	253
55C0 254				8.284	3/2-				254
55C0 255				8.286	3/2-				255
55C0 256				8.288	3/2-				256
55C0 257							8.291	(5/2)-	257
55C0 258				8.295	3/2-				258
55C0 259							8.300	1/2-, 3/2-	259
55C0 260							8.309		260

55C0 261		8.337	5/2+						261
55C0 262				8.349	23/2-				262

55CO 263						8.356				263
55CO 264						8.360	7/2,9/2			264
55CO 265				8.369	3/2-					265
55CO 266						8.374	1/2-,3/2-			266
55CO 267		8.384	5/2+							267
55CO 268				8.389	3/2-					268
55CO 269		8.391	5/2+							269
55CO 270				8.395	3/2-					270

55CO 271						8.401				271
55CO 272						8.412	(3/2)			272
55CO 273		8.418	5/2+							273
55CO 274						8.421	(5/2)+			274
55CO 275				8.431	3/2-					275
55CO 276						8.436	3/2+,(5/2+)			276
55CO 277						8.440				277
55CO 278						8.445	(1/2,3/2)-			278
55CO 279						8.457	(1/2,3/2)			279
55CO 280						8.457	3/2+,(5/2+)			280

55CO 281		8.464	9/2+							281
55CO 282						8.466				282
55CO 283		8.467	9/2+							283 6 FS LT
55CO 284		8.469	7/2+							284 6 FS LT
55CO 285		8.476	9/2+							285
55CO 286				8.477	1/2-					286
55CO 287						8.479	5/2			287
55CO 288				8.494	1/2-					288
55CO 289				8.504	3/2-					289
55CO 290		8.505	3/2+							290

55CO 291		8.507	5/2+							291
55CO 292				8.515	5/2-					292
55CO 293				8.532	5/2-					293
55CO 294				8.557	7/2-					294
55CO 295						8.559	7/2,9/2			295
55CO 296						8.561				296
55CO 297						8.565	1/2-,3/2-			297
55CO 298				8.567	3/2-					298
55CO 299		8.569	1/2+							299
55CO 300		8.575	3/2+							300

55CO 301		8.584	5/2+							301
55CO 302						8.597				302
55CO 303				8.605	3/2-					303
55CO 304				8.628	3/2-					304
55CO 305						8.635	(3/2)			305
55CO 306		8.644	5/2+							306
55CO 307		8.649	3/2+							307
55CO 308						8.652				308

55C0 309				8.659	1/2-				309
55C0 310		8.662	3/2+						310

55C0 311							8.663	(9/2)+	311
55C0 312				8.668	3/2-				312
55C0 313		8.680	1/2+						313
55C0 314							8.683		314
55C0 315							8.687	(21/2)	315
55C0 316							8.689	3/2+,5/2+	316
55C0 317				8.690	23/2-				317
55C0 318							8.693		318
55C0 319							8.697	(9/2)+	319
55C0 320		8.704	9/2+						320

55C0 321							8.707	3/2,5/2	321
55C0 322							8.711		322
55C0 323							8.718		323
55C0 324		8.720	1/2+						324
55C0 325							8.725	(5/2+)	325
55C0 326		8.730	3/2+						326
55C0 327							8.745	(5/2)+	327
55C0 328				8.746	3/2-				328
55C0 329				8.750	5/2-				329
55C0 330		8.752	3/2+						330

55C0 331				8.754	5/2-				331
55C0 332							8.757		332
55C0 333							8.766		333
55C0 334							8.769		334
55C0 335		8.773	1/2+						335
55C0 336							8.790	(5/2,7/2)	336
55C0 337				8.798	3/2-				337
55C0 338				8.800	5/2-				338
55C0 339		8.802	5/2+						339
55C0 340				8.803	7/2-				340

55C0 341		8.814	5/2+						341
55C0 342				8.826	7/2-				342
55C0 343							8.835	(5/2-)	343
55C0 344				8.845	1/2-				344
55C0 345				8.854	5/2-				345
55C0 346		8.856	5/2+						346
55C0 347				8.879	3/2-				347
55C0 348		8.883	5/2+						348
55C0 349		8.886	5/2+						349
55C0 350		8.896	1/2+						350

55C0 351				8.898	1/2-				351
55C0 352		8.913	5/2+						352
55C0 353							8.918	(5/2+)	353

55C0 354					8.921	(5/2+)	354
55C0 355	8.935	3/2+					355
55C0 356					8.937	(1/2-)	356
55C0 357			8.941	3/2-			357
55C0 358	8.953	7/2+					358
55C0 359					8.962	1/2-, 3/2-	359
55C0 360					8.964	(3/2+), 5/2+	360

55C0 361	8.981	1/2+					361
55C0 362	8.990	3/2+					362
55C0 363					9.003	(5/2)+	363
55C0 364					9.007	3/2+, 5/2+	364
55C0 365	9.015	5/2+					365
55C0 366	9.020	1/2+					366
55C0 367					9.031	1/2+, 3/2-	367
55C0 368			9.044	3/2-			368
55C0 369					9.046	(1/2-)	369
55C0 370					9.053	3/2+, 5/2+	370

55C0 371	9.064	5/2+					371
55C0 372	9.074	5/2+					372
55C0 373	9.077	1/2+					373
55C0 374					9.085	(5/2-)	374
55C0 375			9.091	3/2-			375
55C0 376					9.105	(9/2+)	376
55C0 377	9.111	1/2+					377
55C0 378	9.125	5/2+					378
55C0 379	9.139	5/2+					379
55C0 380					9.145	3/2+, (5/2+)	380

55C0 381	9.170	1/2+					381
55C0 382					9.180	(5/2+)	382
55C0 383					9.184	(3/2-)	383
55C0 384	9.191	1/2+					384
55C0 385	9.194	3/2+					385
55C0 386			9.206	3/2-			386
55C0 387			9.209	1/2-			387
55C0 388					9.214	(5/2+)	388
55C0 389	9.218	1/2+					389
55C0 390					9.225	3/2-, (9/2+)	390

55C0 391					9.229	3/2-, (5/2+)	391
55C0 392					9.231		392
55C0 393			9.238	3/2-			393
55C0 394					9.242	3/2+, (5/2+)	394
55C0 395			9.244	5/2-			395
55C0 396	9.247	5/2+					396
55C0 397			9.252	1/2-			397
55C0 398					9.258	(3/2+)	398
55C0 399			9.264	1/2-			399

55C0 400		9.274	1/2+					400	

55C0 401						9.279	(3/2+), 5/2+	401	
55C0 402					9.291	3/2-		402	
55C0 403		9.291	5/2+					403	
55C0 404		9.293	3/2+					404	
55C0 405		9.302	5/2+					405	
55C0 406					9.303	1/2-		406	
55C0 407					9.312	3/2-		407	
55C0 408					9.329	5/2-		408	
55C0 409					9.338	3/2-		409	
55C0 410		9.345	5/2+					410	

55C0 411					9.359	3/2-		411	
55C0 412		9.363	3/2+					412	
55C0 413					9.372	1/2-		413	
55C0 414		9.379	1/2+					414	
55C0 415							9.383	(5/2+)	415
55C0 416					9.390	3/2-		416	
55C0 417							9.398	1/2+, (5/2+)	417
55C0 418		9.400	1/2+					418	
55C0 419		9.418	3/2+					419	
55C0 420							9.425	(7/2)+	420

55C0 421		9.429	5/2+					421	
55C0 422							9.448	1/2+, 3/2-	422
55C0 423							9.448	(3/2+)	423
55C0 424							9.453	(3/2+)	424
55C0 425							9.454	(5/2-)	425
55C0 426							9.458	(5/2+)	426
55C0 427					9.486	3/2-		427	
55C0 428		9.486	5/2+					428	
55C0 429					9.493	3/2-		429	
55C0 430					9.497	5/2-		430	

55C0 431							9.505	(1/2-)	431
55C0 432		9.510	1/2+					432	
55C0 433							9.540	7/2+, 9/2+	433
55C0 434		9.558	1/2+					434	
55C0 435							9.601	7/2+, 9/2+	435
55C0 436							9.642		436
55C0 437		9.651	1/2+					437	
55C0 438					9.699	25/2-		438	
55C0 439							9.721	(9/2)+	439
55C0 440		9.727	1/2+					440	

55C0 441							9.758	(9/2)+	441
55C0 442							9.782		442
55C0 443							9.793	(5/2+)	443
55C0 444		9.807	1/2+					444	

55C0 445				9.863	445
55C0 446				9.899	446
55C0 447				9.942	447

S-p = 5.064 (0.001)-----
 S-n = 14.091 (0.001)-----
 S-2p = 13.918 (0.001)-----
 S-2n = 27.513 (0.002)-----
 S-alpha= 8.212 (0.001)-----

S+p = -7.167 (0.001)
 S+n = -10.082 (0.001)
 S+2p = -7.857 (0.001)
 S+2n = -21.458 (0.001)
 S+alpha = -4.753 (0.001)

gap p = -2.102 (0.001)
 gap n = 4.009 (0.001)
 gap 2p = 6.061 (0.001)
 gap 2n = 6.055 (0.002)
 gap alpha = 3.458 (0.001)