

$^{55}\text{Co}$        $Z = 27$        $N = 28$       [link to full NNDC output](#)

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

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=	8.211	( 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
55C0 448				10.113	(23/2)	448
55C0 449				10.546	(23/2)	449
55C0 450		10.580	25/2-			450
-----						
55C0 451				10.760		451
55C0 452		11.470	25/2-			452
55C0 453				11.908	25/2	453
55C0 454				11.963	(27/2)	454
55C0 455				12.119		455
55C0 456				12.363	27/2	456
55C0 457				12.613		457
55C0 458				12.835	(27/2)	458
55C0 459				13.163		459
55C0 460				13.339	29/2	460
-----						
55C0 461				13.517	(27/2-)	461
55C0 462				13.685		462
55C0 463				13.819		463
-----						
S-n	=	14.091	( 0.001)	-----		
S-2p	=	13.918	( 0.001)	-----		
-----						
55C0 464				14.125		464
55C0 465				14.673	31/2	465
55C0 466				14.730		466
55C0 467				14.882		467
-----						
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	=	8.211	( 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)			