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

Based on ensdf_240402 (Apr 2024), 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	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		

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 55CO  37 |                  |   4.514     17/2-  |                  37
 55CO  38 |                  |                    |   4.537          38
 55CO  39 |                  |   4.548     5/2-   |                  39  31 FS     7
 55CO  40 |                  |                    |   4.588          40
----------                                                          -----------------
 55CO  41 |                  |                    |   4.628 1/2-,3/2- 41  9 FS      4
 55CO  42 |                  |   4.686     15/2-  |                  42
 55CO  43 |                  |                    |   4.713 1/2-,3/2- 43  0.21 PS   +14-10
 55CO  44 |                  |   4.721     3/2-   |                  44  21 FS     LT
 55CO  45 |                  |   4.748     3/2-   |                  45  21 FS     7
 55CO  46 |                  |                    |   4.851          46
 55CO  47 |                  |                    |   4.872          47
 55CO  48 |                  |                    |   4.883          48
 55CO  49 |                  |                    |   4.904          49
 55CO  50 |                  |   4.921     (15/2-)|                  50
----------                                                          -----------------
 55CO  51 |                  |                    |   4.961 (1/2)    51  6 FS      4
 55CO  52 |                  |                    |   4.988          52  4 FS      LT
S-p    =   5.064 ( 0.001) ------------------------------------------------------------
 55CO  53 |                  |                    |   5.065          53
 55CO  54 |                  |                    |   5.081          54
 55CO  55 |                  |                    |   5.099          55  11 FS     LT
 55CO  56 |                  |                    |   5.122          56
 55CO  57 |                  |   5.173     1/2-   |                  57  7 FS      +7-3
 55CO  58 |                  |   5.189     (1/2)- |                  58
 55CO  59 |                  |                    |   5.242          59
 55CO  60 |                  |                    |   5.259          60  11 FS     6
----------                                                          -----------------
 55CO  61 |                  |                    |   5.268          61
 55CO  62 |                  |                    |   5.293          62
 55CO  63 |                  |                    |   5.310          63
 55CO  64 |                  |                    |   5.320 5/2-,7/2- 64
 55CO  65 |                  |                    |   5.351          65
 55CO  66 |                  |                    |   5.365          66
 55CO  67 |                  |                    |   5.427          67
 55CO  68 |                  |   5.432     17/2-  |                  68
 55CO  69 |                  |                    |   5.461          69  6 FS      LT
 55CO  70 |                  |                    |   5.484 -        70
----------                                                          -----------------
 55CO  71 |                  |                    |   5.526          71
 55CO  72 |                  |                    |   5.541          72
 55CO  73 |                  |                    |   5.560 1/2-,3/2- 73
 55CO  74 |                  |                    |   5.642          74
 55CO  75 |                  |                    |   5.673          75
 55CO  76 |                  |                    |   5.697          76
 55CO  77 |                  |                    |   5.717          77
 55CO  78 |                  |   5.743     5/2-   |                  78
 55CO  79 |                  |   5.764     (5/2-) |                  79
 55CO  80 |                  |                    |   5.781          80
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55CO	81						5.860		81		
55CO	82						5.883	1/2-,3/2-	82		
55CO	83						5.933		83		
55CO	84						5.943		84		
55CO	85						5.960		85		
55CO	86						5.986	7/2+,9/2+	86		
55CO	87						6.008	1/2-,3/2-	87		
55CO	88						6.035		88		
55CO	89						6.063		89		
55CO	90	6.069	9/2+						90	17.5 FS	LT
55CO	91			6.094	(7/2)-				91		
55CO	92						6.127		92		
55CO	93						6.145		93		
55CO	94	6.150	(5/2)+						94		
55CO	95						6.167		95		
55CO	96						6.176		96		
55CO	97	6.205	(5/2)+						97		
55CO	98						6.218		98		
55CO	99						6.250		99		
55CO	100			6.268	3/2-				100		
55CO	101			6.328	(3/2)-				101		
55CO	102			6.333	(17/2-)				102		
55CO	103						6.341	(5/2-,7/2	103		
55CO	104						6.361		104		
55CO	105	6.369	(5/2)+						105		
55CO	106						6.377		106		
55CO	107						6.405		107		
55CO	108						6.426		108		
55CO	109			6.447	(5/2)-				109		
55CO	110			6.465	(23/2-)				110		
55CO	111						6.486		111		
55CO	112						6.508		112		
55CO	113						6.513	3/2,(5/2)	113		
55CO	114						6.531		114		
55CO	115						6.541		115		
55CO	116						6.576		116		
55CO	117			6.596	19/2-				117		
55CO	118						6.603	7/2+,9/2+	118		
55CO	119						6.627		119		
55CO	120			6.642	19/2-				120		
55CO	121						6.652		121		
55CO	122			6.673	(5/2)-				122		
55CO	123						6.689		123		
55CO	124						6.701	5/2	124		
55CO	125			6.713	(1/2)-				125		
55CO	126						6.755	5/2	126		

55CO 127			6.780	5/2-			127
55CO 128	6.802	(+)					128
55CO 129					6.825		129
55CO 130			6.834	3/2-			130
55CO 131			6.836	5/2(-)			131
55CO 132					6.876	7/2-,9/2	132
55CO 133					6.886		133
55CO 134			6.893	(5/2)-			134
55CO 135			6.917	5/2-			135
55CO 136					6.940		136
55CO 137			6.944	(1/2-)			137
55CO 138					6.951		138
55CO 139					7.008		139
55CO 140					7.025		140
55CO 141					7.038	(1/2-,3/2	141
55CO 142					7.102	5/2	142
55CO 143	7.110	(9/2)+					143
55CO 144					7.153		144
55CO 145					7.193	5/2	145
55CO 146					7.233	(3/2)	146
55CO 147			7.237	(1/2-)			147
55CO 148					7.239	7/2+,9/2+	148
55CO 149			7.239	(3/2-)			149
55CO 150			7.261	(1/2-)			150
55CO 151			7.269	3/2-			151
55CO 152					7.284		152
55CO 153			7.293	5/2-			153
55CO 154					7.320	5/2	154
55CO 155					7.325		155
55CO 156			7.328	(1/2-)			156
55CO 157					7.332		157
55CO 158					7.336		158
55CO 159					7.346		159
55CO 160					7.361		160
55CO 161					7.364		161
55CO 162					7.372		162
55CO 163					7.375		163
55CO 164			7.381	1/2-			164
55CO 165					7.393		165
55CO 166					7.403		166
55CO 167			7.456	1/2-			167
55CO 168			7.457	1/2-			168
55CO 169			7.460	3/2(-)			169
55CO 170					7.497		170
55CO 171					7.501		171

55CO 172			7.519	1/2-			172
55CO 173					7.525		173
55CO 174			7.529	19/2-			174
55CO 175					7.564		175
55CO 176	7.578	(3/2)+					176
55CO 177			7.595	(3/2-)			177
55CO 178					7.611		178
55CO 179					7.622	3/2+,5/2+	179
55CO 180					7.628	(5/2)	180
55CO 181			7.634	(5/2-)			181
55CO 182			7.643	(1/2-)			182
55CO 183			7.651	(5/2)-			183
55CO 184			7.663	(1/2-)			184
55CO 185					7.680	(5/2)	185
55CO 186			7.704	(5/2)-			186
55CO 187					7.747	(5/2)	187
55CO 188			7.749	(5/2)-			188
55CO 189			7.765	3/2-			189
55CO 190			7.766	1/2-			190
55CO 191	7.779	1/2+					191
55CO 192					7.792		192
55CO 193					7.806		193
55CO 194			7.816	1/2-			194
55CO 195			7.833	21/2-			195
55CO 196			7.837	1/2-			196
55CO 197					7.855		197
55CO 198					7.868	(5/2)	198
55CO 199			7.877	(5/2-)			199
55CO 200			7.881	(3/2-)			200
55CO 201					7.885	(7/2)	201
55CO 202					7.889		202
55CO 203					7.896		203
55CO 204					7.909		204
55CO 205			7.921	19/2-			205
55CO 206					7.931		206
55CO 207			7.939	(3/2-)			207
55CO 208					7.941		208
55CO 209					7.946		209
55CO 210					7.952		210
55CO 211	7.956	1/2+					211
55CO 212			7.965	1/2-			212
55CO 213	7.967	(5/2)+					213
55CO 214	7.977	(5/2+)					214
55CO 215					7.985		215
55CO 216					8.007		216
55CO 217					8.017		217

55CO 218			8.021	(5/2)-			218
55CO 219			8.030	1/2-			219
55CO 220			8.030	1/2-			220
55CO 221					8.051		221
55CO 222			8.057	1/2-			222
55CO 223			8.066	3/2-			223
55CO 224			8.067	3/2-			224
55CO 225			8.071	(7/2)-			225
55CO 226					8.075		226
55CO 227	8.089	(3/2+)					227
55CO 228					8.090		228
55CO 229					8.097		229
55CO 230			8.106	(5/2)-			230
55CO 231			8.124	(1/2-)			231
55CO 232	8.131	5/2+					232
55CO 233			8.134	1/2-			233
55CO 234			8.137	5/2-			234
55CO 235			8.141	3/2-			235
55CO 236			8.145	1/2-			236
55CO 237			8.156	7/2-			237
55CO 238			8.159	21/2-			238
55CO 239	8.168	5/2+					239
55CO 240	8.172	5/2+					240
55CO 241			8.174	(1/2)-			241
55CO 242					8.180		242
55CO 243			8.191	1/2-			243
55CO 244			8.200	5/2-			244
55CO 245					8.205		245
55CO 246					8.209		246
S-alpha= 8.212 (0.001)							
55CO 247	8.212	1/2+					247
55CO 248	8.215	(3/2+)					248
55CO 249					8.222		249
55CO 250	8.235	(5/2)+					250
55CO 251					8.240		251
55CO 252			8.262	3/2-			252
55CO 253					8.273	(5/2)	253
55CO 254			8.284	3/2-			254
55CO 255			8.286	3/2-			255
55CO 256			8.288	3/2-			256
55CO 257			8.291	(5/2)-			257
55CO 258			8.295	3/2-			258
55CO 259					8.300	1/2-,3/2-	259
55CO 260					8.309		260
55CO 261	8.337	5/2+					261

55CO 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
55CO 309			8.659	1/2-		309
55CO 310	8.662	3/2+				310
55CO 311	8.663	(9/2)+				311
55CO 312			8.668	3/2-		312
55CO 313	8.680	1/2+				313
55CO 314					8.683	314
55CO 315					8.687 (21/2)	315
55CO 316					8.689 3/2+,5/2+	316
55CO 317			8.690	23/2-		317
55CO 318					8.693	318
55CO 319	8.697	(9/2)+				319
55CO 320	8.704	9/2+				320
55CO 321					8.707 3/2,5/2	321
55CO 322					8.711	322
55CO 323					8.718	323
55CO 324	8.720	1/2+				324
55CO 325	8.725	(5/2+)				325
55CO 326	8.730	3/2+				326
55CO 327	8.745	(5/2)+				327
55CO 328			8.746	3/2-		328
55CO 329			8.750	5/2-		329
55CO 330	8.752	3/2+				330
55CO 331			8.754	5/2-		331
55CO 332					8.757	332
55CO 333					8.766	333
55CO 334					8.769	334
55CO 335	8.773	1/2+				335
55CO 336					8.790 (5/2,7/2)	336
55CO 337			8.798	3/2-		337
55CO 338			8.800	5/2-		338
55CO 339	8.802	5/2+				339
55CO 340			8.803	7/2-		340
55CO 341	8.814	5/2+				341
55CO 342			8.826	7/2-		342
55CO 343			8.835	(5/2-)		343
55CO 344			8.845	1/2-		344
55CO 345			8.854	5/2-		345
55CO 346	8.856	5/2+				346
55CO 347			8.879	3/2-		347
55CO 348	8.883	5/2+				348
55CO 349	8.886	5/2+				349
55CO 350	8.896	1/2+				350
55CO 351			8.898	1/2-		351
55CO 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/	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/	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

```
 55CO 444 |  9.807     1/2+   |                  |                 444
 55CO 445 |                   |                  |   9.863         445
 55CO 446 |                   |                  |   9.899         446
 55CO 447 |                   |                  |   9.942         447
 55CO 448 |                   |                  |  10.113 (23/2)  448
 55CO 449 |                   |                  |  10.546 (23/2)  449
 55CO 450 |                   |  10.580     25/2-|                 450
-----------                                                       -----------------
 55CO 451 |                   |                  |  10.760         451
 55CO 452 |                   |  11.470     25/2-|                 452
 55CO 453 |                   |                  |  11.908 25/2    453
 55CO 454 |                   |                  |  11.963 (27/2)  454
 55CO 455 |                   |                  |  12.119         455
 55CO 456 |                   |                  |  12.363 27/2    456
 55CO 457 |                   |                  |  12.613         457
 55CO 458 |                   |                  |  12.835 (27/2)  458
 55CO 459 |                   |                  |  13.163         459
 55CO 460 |                   |                  |  13.339 29/2    460
-----------                                                       -----------------
 55CO 461 |                   |  13.517     (27/2-)|                461
 55CO 462 |                   |                  |  13.685         462
 55CO 463 |                   |                  |  13.819         463
S-n    =  14.091 ( 0.001) ------------------------------------------------------------
S-2p   =  13.918 ( 0.001) ------------------------------------------------------------
 55CO 464 |                   |                  |  14.125         464
 55CO 465 |                   |                  |  14.673 31/2    465
 55CO 466 |                   |                  |  14.730         466
 55CO 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=   8.212 ( 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)
```