

^{56}Ni $Z = 28$ $N = 28$ [link to full NNDC output](#)

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

BE = 483.996 (0.000) MeV

Qbeta+ = 2.133 (0.001) MeV

	Energy T	J+		J-		J-other	T1/2
56NI 1	0.000	0+					1 6.075 D 10
56NI 2	2.701	2+					2 53 FS +34-17
56NI 3	3.924	4+					3 0.7 PS GT
56NI 4	3.957	0+					4
56NI 5						4.932 (3-,5-)	5
56NI 6						4.936 (3+)	6
56NI 7	5.004	0+					7
56NI 8	5.316	6+					8
56NI 9	5.352	2+					9
56NI 10	5.484	4+					10

56NI 11						5.665 5	11
56NI 12						5.799	12
56NI 13	5.988	4+					13
56NI 14				6.011 1-			14
56NI 15						6.236 (2+)	15
56NI 16	6.326	4+					16
56NI 17						6.406	17
56NI 18	6.432	4+					18
56NI 19						6.522 5	19
56NI 20						6.555 (2+)	20

56NI 21						6.589 1 (3+)	21
56NI 22	6.650	6+					22
56NI 23	6.655	0+					23
56NI 24						6.730	24
56NI 25						7.025	25
56NI 26				7.144 1-			26
S-p =	7.167 (0.001)		-----		-----		
56NI 27						7.250 (1-)	27
56NI 28						7.289 (0+)	28
56NI 29						7.400 (6+)	29
56NI 30	7.443	2+					30

56NI 31				7.576 3-			31
56NI 32						7.601 (7+)	32
56NI 33	7.653	6+					33
56NI 34	7.670	0+					34
56NI 35						7.801 (1-)	35
56NI 36	7.904	0+					36

56NI 37		7.955	8+				37
S-alpha= 8.002 (0.005)-----							
56NI 38		8.080	2+				38
56NI 39						8.143	39
56NI 40		8.224	8+				40

56NI 41		8.479	2+				41
56NI 42						8.575	42
56NI 43		8.674	2+				43
56NI 44						8.778 (7)	44
56NI 45		8.796	4+				45
56NI 46						8.870	46
56NI 47		9.010	9+				47
56NI 48						9.042	48
56NI 49						9.109 (4+)	49
56NI 50						9.154	50

56NI 51						9.241 (8+)	51
56NI 52		9.309	8+				52
56NI 53		9.418	10+				53
56NI 54						9.450 (2+)	54
56NI 55						9.478 (9+)	55
56NI 56						9.596	56
56NI 57						9.676	57
56NI 58						9.736 7	58
56NI 59						9.756 (0+)	59
56NI 60						9.824	60

56NI 61		9.943	0+				61
56NI 62		9.994	0+				62
56NI 63		10.011	0+				63
56NI 64		10.041	0+				64
56NI 65						10.055	65
56NI 66						10.095	66
56NI 67						10.150	67
56NI 68		10.250	0+				68
56NI 69						10.331	69
56NI 70						10.377	70

56NI 71						10.428	71
56NI 72						10.470 9	72
56NI 73						10.655 (4+)	73
56NI 74		10.677	10+				74
56NI 75		10.820	2+				75
56NI 76						10.854	76
56NI 77						10.936 9	77
56NI 78						11.002 (10+)	78
56NI 79						11.055	79
56NI 80						11.295 (10+)	80

56NI 81		11.421	11+				81
56NI 82		11.800	2+				82
56NI 83						11.867 (10+)	83
S-2p	=	12.231 (0.001)					
56NI 84		12.359	12+				84
56NI 85						12.509 11	85
56NI 86						13.506 (12)	86
56NI 87		13.578	12+				87
56NI 88						13.644 (12+)	88
56NI 89						14.455 13	89
56NI 90		14.735	14+				90
56NI 91						15.300	91
56NI 92						16.358 13	92
S-n	=	16.643 (0.001)					
56NI 93						16.773 15	93
56NI 94						18.632 (16+)	94
56NI 95						19.521 17	95
S-p	=	7.167 (0.001)					
S-n	=	16.643 (0.001)					
S-2p	=	12.231 (0.001)					
S-2n	=	30.772 (0.005)					
S-alpha	=	8.002 (0.005)					
S+p	=	-0.690 (0.001)					
S+n	=	-10.248 (0.001)					
S+2p	=	-2.969 (0.050)					
S+2n	=	-22.464 (0.001)					
S+alpha	=	-2.692 (0.001)					
gap p	=	6.476 (0.001)					
gap n	=	6.395 (0.001)					
gap 2p	=	9.262 (0.050)					
gap 2n	=	8.308 (0.005)					
gap alpha	=	5.310 (0.005)					