

$^{56}\text{Ni}$        $Z = 28$        $N = 28$       adopted link      ENSDF link

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

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
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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
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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
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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= 8.001 ( 0.000)-----									
56NI	38		8.080	2+					38
56NI	39							8.143	39
56NI	40		8.224	8+					40
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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
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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
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56NI	61		9.943	0+					61
56NI	62		9.994	0+					62

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= 8.001 ( 0.000)-----

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 = 5.309 ( 0.001)