

$^{57}\text{Ni}$        $Z = 28$        $N = 29$       [link to full NNDC output](#)

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

BE = 494.243 ( 0.001) MeV

Qbeta+ = 3.262 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
57NI 1			0.000 3/2-		1 35.60 H 6
57NI 2			0.768 5/2-		2 3.2 PS 4
57NI 3			1.113 1/2-		3 106 FS 23
57NI 4			2.443 5/2-		4 31 FS 5
57NI 5			2.577 1/2 7/2-		5 47 FS 6
57NI 6			3.007 3/2-		6 12 FS 4
57NI 7				3.009 7/2+,9/2+	7
57NI 8			3.230 7/2-		8
57NI 9				3.311 (5/2-,7/2-)	9
57NI 10			3.364 7/2-		10
57NI 11				3.702 (5/2)-	11
57NI 12				3.714 (+)	12
57NI 13				3.729 (+)	13
57NI 14			3.840 3/2-		14
57NI 15			3.866 11/2-		15 0.29 PS 10
57NI 16				3.882 -	16
57NI 17				4.027	17
57NI 18				4.046 (7/2-,5/2-)	18
57NI 19				4.073 -	19
57NI 20			4.234 1/2 7/2-		20
57NI 21				4.372 3/2+,5/2+	21
57NI 22				4.374 -	22
57NI 23				4.461 (3/2)-	23
57NI 24				4.503	24
57NI 25				4.544 1/2 (9/2+)	25
57NI 26			4.576 7/2-		26
57NI 27				4.606 -	27
57NI 28				4.711 (11/2-)	28
57NI 29				4.886 7/2-,5/2-	29
57NI 30			4.927 3/2-		30
57NI 31				4.941	31
57NI 32				5.009	32
57NI 33				5.092 3/2 3/2-,1/2-	33
57NI 34			5.134 3/2 7/2-		34
57NI 35			5.193 3/2-		35
57NI 36			5.239 3/2 7/2-		36
57NI 37			5.321 15/2-		37 0.64 PS 17

57NI 38				5.352 3/2	38
57NI 39			5.368 3/2 7/2-		39
57NI 40				5.435	40
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57NI 41				5.488	41
57NI 42				5.505	42
57NI 43				5.515	43
57NI 44				5.546 (+)	44
57NI 45				5.561 (+)	45
57NI 46		5.580 1/2 1/2+			46
57NI 47				5.601	47
57NI 48				5.646	48
57NI 49				5.663	49
57NI 50				5.664 3/2-, 1/2-	50
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57NI 51				5.706 7/2-, 5/2-	51
57NI 52				5.740	52
57NI 53				5.765 (7/2)-	53
57NI 54				5.795 7/2-, 5/2-	54
57NI 55				5.848 7/2-, 5/2-	55
57NI 56				5.980 (3/2)+	56
57NI 57				6.029 1/2 3/2+, 5/2+	57
57NI 58				6.079	58
57NI 59				6.115 7/2-, 5/2-	59
57NI 60				6.231 3/2-, 1/2-	60
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57NI 61				6.280 7/2-, 5/2-	61
57NI 62				6.318 3/2+, 5/2+	62
57NI 63				6.328	63
57NI 64				6.341	64
57NI 65				6.418 7/2-, 5/2-	65
57NI 66				6.421	66
57NI 67				6.454 -	67
57NI 68				6.475 (9/2-)	68
57NI 69				6.520 3/2 7/2-, 5/2-	69
57NI 70				6.546 3/2 3/2-, 1/2-	70
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57NI 71				6.592 3/2 3/2-, 1/2-	71
57NI 72				6.631 -	72
57NI 73				6.655 3/2+, 5/2+	73
57NI 74				6.693 1/2-, 3/2-	74
57NI 75				6.721 3/2+, 5/2+	75
57NI 76				6.807	76
57NI 77				6.851 7/2-, 5/2-	77
57NI 78				6.880 7/2-, 5/2-	78
57NI 79				6.905 -	79
57NI 80				6.920	80
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57NI 81				6.935 -	81
57NI 82				6.955 3/2 (3/2)-	82

57NI 83				7.005		83
57NI 84				7.042	3/2-, 1/2-	84
57NI 85			7.131 3/2 7/2-			85
57NI 86				7.194	3/2+, 5/2+	86
57NI 87				7.275	3/2+, 5/2+	87
57NI 88				7.313	3/2+, 5/2+	88
S-p = 7.332 ( 0.001)-----						
57NI 89				7.355		89
57NI 90				7.416		90
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57NI 91				7.452	3/2+, 5/2+	91
57NI 92				7.455		92
57NI 93				7.529	3/2+, 5/2+	93
57NI 94				7.551		94
S-alpha= 7.561 ( 0.002)-----						
57NI 95				7.580	3/2 (7/2)-	95
57NI 96				7.640		96
57NI 97				7.671		97
57NI 98				7.700	(3/2+, 5/2+)	98
57NI 99				7.745		99
57NI 100				7.802	3/2+, 5/2+	100
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57NI 101				7.872	(3/2+, 5/2+)	101
57NI 102				7.900		102
57NI 103				7.985	7/2-, 5/2-	103
57NI 104				8.015	3/2+, 5/2+	104
57NI 105				8.062		105
57NI 106				8.102	3/2+, 5/2+	106
57NI 107				8.130	3/2+, 5/2+	107
57NI 108				8.170		108
57NI 109				8.234	1/2 3/2+, 5/2+	109
57NI 110		8.287 1/2 1/2+				110
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57NI 111				8.325	(3/2+, 5/2+)	111
57NI 112				8.346		112
57NI 113				8.380		113
57NI 114				8.410		114
57NI 115				8.445	(5/2+, 3/2+)	115
57NI 116				8.477	(-)	116
57NI 117		8.521 (3/ 1/2+				117
57NI 118				8.541	(3/ (5/2-, 7/2-)	118
57NI 119				8.630		119
57NI 120				8.668	5/2+, 3/2+	120
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57NI 121		8.723 1/2+				121
57NI 122				8.759	3/2	122
57NI 123				8.780	3/2	123
57NI 124				8.795	3/2 (5/2+, 3/2+)	124
57NI 125				8.840	3/2 3/2+, 5/2+	125
57NI 126				8.872	-	126

57NI 127			8.952	5/2+,3/2+	127
57NI 128			9.030		128
57NI 129			9.110	(7/2-,5/2-)	129
57NI 130			9.150		130
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57NI 131			9.185	(5/2+,3/2+)	131
57NI 132			9.205		132
57NI 133			9.280	5/2+,3/2+	133
57NI 134			9.340		134
57NI 135			9.400	5/2+,3/2+	135
57NI 136			9.430	5/2+,3/2+	136
57NI 137			9.495		137
57NI 138			9.585	5/2+,3/2+	138
57NI 139			9.705		139
57NI 140			9.790		140
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57NI 141			9.865	5/2+,3/2+	141
57NI 142			9.930	5/2+,3/2+	142
57NI 143			10.020		143
57NI 144			10.070		144
57NI 145			10.115		145
57NI 146			10.175		146
57NI 147			10.210	5/2+,3/2+	147
57NI 148			10.240	5/2+,3/2+	148
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S-n	=	10.248 ( 0.001)	-----		
57NI 149			10.335		149
57NI 150			10.375		150
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57NI 151			10.515	5/2+,3/2+	151
57NI 152			10.695		152
57NI 153			10.790	5/2+,3/2+	153
57NI 154			11.120	(3/ (5/2+,3/2+)	154
57NI 155			11.155	3/2 5/2+,3/2+	155
57NI 156			11.195	3/2 5/2+,3/2+	156
57NI 157			11.235		157
57NI 158			11.280		158
57NI 159			11.500		159
57NI 160			12.120		160
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57NI 161			13.090		161
57NI 162			13.140		162
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S-2p	=	13.180 ( 0.001)	-----		
57NI 163			13.300		163
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S-p	=	7.332 ( 0.001)	-----		
S-n	=	10.248 ( 0.001)	-----		
S-2p	=	13.180 ( 0.001)	-----		
S-2n	=	26.891 ( 0.001)	-----		
S-alpha	=	7.561 ( 0.002)	-----		

S+p = -2.873 ( 0.001)  
S+n = -12.216 ( 0.001)  
S+2p = -5.710 ( 0.001)  
S+2n = -21.216 ( 0.001)  
S+alpha = -2.690 ( 0.016)

gap p = 4.459 ( 0.001)  
gap n = -1.969 ( 0.001)  
gap 2p = 7.471 ( 0.001)  
gap 2n = 5.675 ( 0.001)  
gap alpha = 4.871 ( 0.016)