

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

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

BE = 484.686 ( 0.001) MeV

Qbeta+ = 8.775 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
57CU 1			0.000	3/2-	1 196.3 MS 7
S-p =	0.690 ( 0.001)	-----			
57CU 2			1.028	5/2-	2
57CU 3			1.106	1/2-	3
57CU 4			2.398	5/2-	4
57CU 5				2.520	5
57CU 6				3.280	6
57CU 7				3.510	7
57CU 8				5.350	8
57CU 9				5.710	9

S-p = 0.690 ( 0.001)-----  
 S-n = 16.737 ( 0.015)-----  
 S-2p = 7.857 ( 0.001)-----  
 S-2n = 31.816 ( 0.156)-----  
 S-alpha= 7.074 ( 0.002)-----

S+p = -2.279 ( 0.050)  
 S+n = -12.430 ( 0.001)  
 S+2p = 0.000 ( 0.000)  
 S+2n = -25.192 ( 0.001)  
 S+alpha = -2.251 ( 0.038)

gap p = -1.589 ( 0.050)  
 gap n = 4.307 ( 0.015)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 6.624 ( 0.156)  
 gap alpha = 4.824 ( 0.038)