

^{57}Zn $Z = 30$ $N = 27$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 469.167 (-0.228) MeV

Qbeta+ = 14.737 (0.228) MeV

	Energy T	J+	J-	J-other	T1/2
57ZN 1			0.000	(7/2-)	1 40 MS 10
57ZN 2			0.000	(7/2-)	2 40 MS 10

S-p = 1.232 (-0.228) -----
 S-n = 15.231 (-0.453) -----
 S-2p = 1.814 (-0.228) -----
 S-2n = 34.447 (-0.447) -----
 S-alpha = 5.366 (-0.229) -----

S+p = 1.745 (-0.369)
 S+n = -17.747 (-0.228)
 S+2p = 1.651 (-0.472)
 S+2n = -30.786 (-0.228)
 S+alpha = -3.652 (-0.381)

gap p = 2.977 (0.434)
 gap n = -2.516 (0.508)
 gap 2p = 3.465 (0.524)
 gap 2n = 3.661 (0.502)
 gap alpha = 1.714 (0.445)