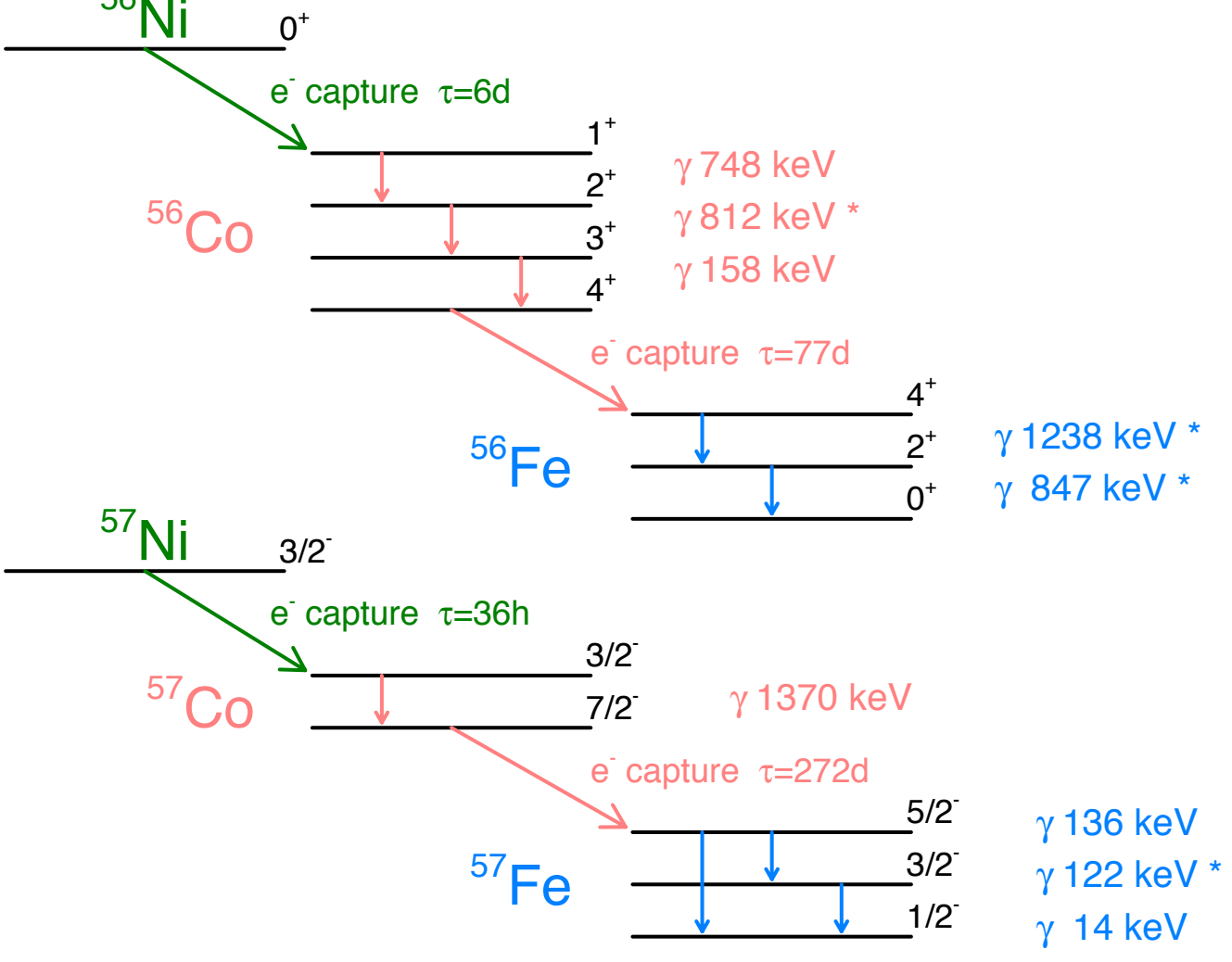
56Ni
0+
e- capture τ=6d
1+
2+
3+
4+
56Co
γ 748 keV
γ 812 keV *
γ 158 keV
e- capture τ=77d
4+
2+
0+
56Fe
γ 1238 keV *
γ 847 keV *
57Ni
3/2-
e- capture τ=36h
3/2-
7/2-
57Co
γ 1370 keV
e- capture τ=272d
5/2-
3/2-
1/2-
57Fe
γ 136 keV
γ 122 keV *
γ 14 keV