

¹⁶O ²⁰Ne

²³Na

²⁴Mg ²⁷AI

²⁸Si

⁴⁰Ar ⁴⁰Ca

⁵⁸Ni

CaptnOper H CaptnOper ³He CaptnOper ⁴He

CaptnOper 12C

CaptnOper 14N CaptnOper 16O

CaptnOper 20Ne

CaptnOper 23Na

CaptnOper 24Mg

CaptnOper 27AI CaptnOper ²⁸Si

CaptnOper 32S

CaptnOper 40Ar CaptnOper 40Ca

CaptnOper ⁵⁸Ni