

²⁷AI ²⁸Si 32**S** ^{40}Ar ⁴⁰Ca ⁵⁶Fe 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 56Fe