

³Не ⁴He 12*C*

¹⁶O ²⁰Ne

²³Na

²⁴Mg

²⁷AI

32**S** ^{40}Ar

⁴⁰Ca ⁵⁶Fe

> 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 40Ca CaptnOper 56Fe

CaptnOper ⁵⁸Ni CaptnOper Total