

$^{44}\text{Mn}$        $Z = 25$        $N = 19$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE      =      0.000 ( 0.000) MeV

	Energy	T	J+	J-	J-other	T1/2	
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44MN	1				0.000	1 105 NS	LT