

$^{44}\text{Mn}$        $Z = 25$        $N = 19$       adopted link      ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE      =      328.108 (-0.308) MeV

Qbeta+ =      20.893 ( 0.312) MeV

	Energy T	J+	J-	J-other	T1/2
S-p	= -2.132 (-0.376)				
S-2p	= -0.500 (-0.373)				
$^{44}\text{Mn}$	1			0.000	1 105 NS LT

S-p	= -2.132 (-0.376)
S-n	= 17.949 (-0.495)
S-2p	= -0.500 (-0.373)
S-2n	= 0.000 (-0.000)
S-alpha	= 7.412 (-0.416)

S+p	= -0.347 (-0.410)
S+n	= -20.507 (-0.441)
S+2p	= 0.000 (-0.000)
S+2n	= -36.032 (-0.320)
S+alpha	= -8.156 (-0.570)

gap p	= -2.479 ( 0.556)
gap n	= -2.558 ( 0.662)
gap 2p	= 0.000 ( 0.000)
gap 2n	= 0.000 ( 0.000)
gap alpha	= -0.744 ( 0.706)