

^{54}Mn $Z = 25$ $N = 29$ adopted link ENSDF link

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

BE = 471.851 (0.001) MeV

Qbeta- = 0.696 (0.001) MeV

Qbeta+ = 1.377 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
54MN 1	0.000	3+			1 312.20 D 20
54MN 2	0.055	2+			2 49 PS 20
54MN 3	0.156	4+			3 186 PS 15
54MN 4	0.368	5+			4 6.9 PS 8
54MN 5	0.408	3+			5 1.8 PS 6
54MN 6	0.839	4+			6 0.41 PS 7
54MN 7	1.010	3+			7 44 FS 8
54MN 8	1.073	6+			8 220 PS 8
54MN 9	1.137	6+			9 0.60 PS 8
54MN 10				1.375 (2)+	10 11.2 FS 14
54MN 11	1.391	1+			11 0.38 PS 10
54MN 12	1.454	1+			12 83 PS +49-23
54MN 13				1.461 (4+,5+)	13 0.28 PS GT
54MN 14	1.508	2+			14 0.12 PS 8
54MN 15				1.544 2+,3+	15 13 FS 3
54MN 16				1.634 2+,3+	16 15 FS 2
54MN 17	1.651	1+			17 0.33 PS +10-6
54MN 18	1.669	7+			18
54MN 19				1.679 (0+)	19
54MN 20	1.784	7+			20 0.77 PS 17
54MN 21	1.785	1+			21 16 FS 4
54MN 22				1.832 (7+)	22
54MN 23	1.853	3+			23 95 FS 14
54MN 24	1.922	1+			24 29 FS 5
54MN 25			1.925 7-		25 0.73 PS +26-18
54MN 26				2.056 2+,4+	26
54MN 27	2.110	1+			27 416 FS GT
54MN 28				2.113 (4+)	28 11 FS +24-10
54MN 29				2.134 (1)+	29 24 FS 4
54MN 30				2.136 (1)+	30 69 FS +69-55
54MN 31				2.234 2+,4+	31
54MN 32				2.268 1+,2+,3+	32 12.5 FS 30
54MN 33				2.280 (4,5)+	33
54MN 34				2.292 2+,3,4+	34 12 FS 3
54MN 35				2.320 (5+)	35
54MN 36				2.355 2+,3+	36 9 FS 2

54MN	37	2.498	1+					37
54MN	38	2.517	9+					38
54MN	39					2.557	1+,2+	39
54MN	40					2.559	3+,4+,5+	40

54MN	41					2.620		41
54MN	42					2.673	+	42
54MN	43			2.712	2-			43
54MN	44	2.715	5+					44
54MN	45			2.774	3-			45
54MN	46	2.795	5+					46
54MN	47	2.857	8+					47
54MN	48	2.866	11+					48
54MN	49					2.877	2+,3+	49
54MN	50	2.881	0+					50

54MN	51	2.903	1+					51
54MN	52					2.981		52
54MN	53					3.012	2-,3-	53
54MN	54					3.018	1+,2+,3+	54
54MN	55					3.067	3+,4+,5+	55
54MN	56	3.098	5+					56
54MN	57			3.116	2-			57
54MN	58	3.157	10+					58
54MN	59					3.191	3+,4+	59
54MN	60					3.213	(4)+	60

54MN	61					3.221	2+,3,4+	61
54MN	62	3.237	5+					62
54MN	63	3.244	9+					63
54MN	64					3.259		64
54MN	65			3.307	4-			65
54MN	66					3.323	+	66
54MN	67	3.334	5+					67
54MN	68					3.359	1+,2+,3+	68
54MN	69					3.384	2+,3+	69
54MN	70					3.429	1+,2+,3+	70

54MN	71					3.536	1+,2+,3+	71
54MN	72					3.547	(5)+	72
54MN	73	3.585	2+ to 6+					73
54MN	74					3.606	2-,3-,4-	74
54MN	75					3.651	(3+,4+,5+)	75
54MN	76	3.673	3+					76
54MN	77					3.720	3+,4+,5+	77
54MN	78					3.734	1+,2+,3+	78
54MN	79					3.755	2+,3+	79
54MN	80					3.764	(5+,6+,7+)	80

54MN	81	3.791	13+					81

54MN 82						3.812	(4)	82
54MN 83		3.820	0+					83
54MN 84						3.857	1+,2+,3+	84
54MN 85						3.937	3+,4+,5+	85
54MN 86		3.939	9+					86
54MN 87						3.969	1+,2+,3+	87
54MN 88						4.038	(1+,2+,3+)	88
54MN 89						4.056	(3+,4+,5+)	89
54MN 90						4.085	2+,3+	90

54MN 91						4.113	(2-)	91
54MN 92						4.158	3+,4+,5+	92
54MN 93		4.176	1+ to 4+					93
54MN 94						4.190	+	94
54MN 95		4.210	1+					95
54MN 96						4.262	(2,3)	96
54MN 97						4.294	1-,2-,3-	97
54MN 98						4.305	3+,4+,5+	98
54MN 99						4.332	(+)	99
54MN 100						4.359	1+,2+,3+	100

54MN 101						4.378	1+,2+,3+	101
54MN 102						4.428	+	102
54MN 103						4.472		103
54MN 104						4.542	+	104
54MN 105						4.594	4-,5-,6-	105
54MN 106						4.639	(1+)	106
54MN 107					4.717	8-		107
54MN 108						4.752	+	108
54MN 109		4.772	14+					109
54MN 110						4.799	3+,4+,5+	110

54MN 111						4.823	+	111
54MN 112						4.865	+	112
54MN 113						4.897	+	113
54MN 114						4.914	3+,4+,5+	114
54MN 115						4.971	3+,4+,5+	115
54MN 116						4.985	(1+)	116
54MN 117						4.998	(15+)	117
54MN 118						5.031	(3+)	118
54MN 119						5.062		119
54MN 120						5.081		120

54MN 121						5.131	(-)	121
54MN 122						5.152		122
54MN 123						5.205	+	123
54MN 124		5.233	3+					124
54MN 125						5.308	+	125
54MN 126						5.343	2-,3-,4-	126
54MN 127						5.382	(1+)	127

6.93 PS LT

54MN 128				5.411		128
54MN 129				5.480	(2,3)	129
54MN 130				5.525	(3+)	130

54MN 131			5.560	6-		131
54MN 132				5.574	2-,3-,4-	132
54MN 133		5.631	1+			133
54MN 134		5.656	1+			134
54MN 135				5.694	1+,2+,3+	135
54MN 136				5.764		136
54MN 137				5.806	1+,2+,3+	137
54MN 138				5.863	(1+,2+,3+)	138
54MN 139				5.907		139
54MN 140				5.943		140

54MN 141				5.973		141
54MN 142				6.007	1+,2+,3+	142
54MN 143				6.080		143
54MN 144				6.152	0+,1+	144
54MN 145				6.255		145
54MN 146				6.332		146
54MN 147				6.394		147
54MN 148				6.441		148
54MN 149				6.490		149
54MN 150				6.535		150

54MN 151				6.629		151
54MN 152				6.672		152
54MN 153				6.710		153
54MN 154				6.990	1+,2+,3+	154
54MN 155			7.190	6-		155

S-alpha=	8.760	(0.001)	-----			
S-p =	7.560	(0.001)	-----			
S-n =	8.939	(0.001)	-----			
54MN 156	9.440	9+				156
54MN 157				0.000		157

S-p =	7.560	(0.001)	-----			
S-n =	8.939	(0.001)	-----			
S-2p =	18.693	(0.001)	-----			
S-2n =	20.989	(0.001)	-----			
S-alpha=	8.760	(0.001)	-----			
S+p =	-9.212	(0.001)				
S+n =	-10.226	(0.001)				
S+2p =	-15.060	(0.001)				
S+2n =	-17.496	(0.001)				
S+alpha =	-6.714	(0.002)				

gap p = -1.653 (0.001)
gap n = -1.286 (0.001)
gap 2p = 3.633 (0.002)
gap 2n = 3.493 (0.001)
gap alpha = 2.046 (0.002)