^{54}Mn $Z = 25$ $N = 29$ link to full NNDC output

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

BE = 471.850 (0.001) MeV
Qbeta- = 0.697 (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 5.9 PS 30
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 0.020 PS 10
54MN	63	3.244	9+						63 0.90 PS 35
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	6.93 PS LT
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	

```
 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=   8.759 ( 0.001)-------------------------------------------------------------------------
S-p    =   7.560 ( 0.001)-------------------------------------------------------------------------
S-n    =   8.939 ( 0.001)-------------------------------------------------------------------------
 54MN 156 |  9.440     9+  |                |                            156


S-p    =   7.560 ( 0.001)-------------------------------------------------------------------------
S-n    =   8.939 ( 0.001)-------------------------------------------------------------------------
S-2p   =  18.692 ( 0.001)-------------------------------------------------------------------------
S-2n   =  20.993 ( 0.002)-------------------------------------------------------------------------
S-alpha=   8.759 ( 0.001)-------------------------------------------------------------------------

S+p       =  -9.213 ( 0.001)
S+n       = -10.226 ( 0.001)
S+2p      = -15.061 ( 0.001)
S+2n      = -17.497 ( 0.001)
S+alpha   =  -6.714 ( 0.002)

gap p     =  -1.653 ( 0.002)
```

```
gap n     =  -1.287 ( 0.002)
gap 2p    =   3.631 ( 0.002)
gap 2n    =   3.496 ( 0.002)
gap alpha =   2.044 ( 0.002)
```