

^{55}Mn $Z = 25$ $N = 30$ adopted link ENSDF link

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

BE = 482.076 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
55MN 1			0.000	5/2-	1 STABLE
55MN 2			0.126	7/2-	2 259 PS 8
55MN 3			0.984	9/2-	3 0.28 PS 3
55MN 4				1.289 (11/2+)	4
55MN 5				1.292 (11/2)-	5 1.1 PS 1
55MN 6				1.293 (1/2-)	6
55MN 7			1.528	3/2-	7 62 FS 13
55MN 8				1.884 (7/2)-	8 12 FS 3
55MN 9			2.015	7/2-	9 0.51 FS AP
55MN 10			2.198	7/2-	10 18 FS 6
55MN 11				2.215 5/2-,7/2-	11 0.38 PS +8-6
55MN 12			2.252	3/2-	12 23 FS 2
55MN 13				2.267 (5/2)-	13 125 FS 21
55MN 14				2.281 (1/2)	14
55MN 15			2.311	13/2-	15 0.15 PS 3
55MN 16			2.366	5/2-	16 23 FS 2
55MN 17				2.380 (1/2,3/2)-	17
55MN 18				2.398 LE 9/2-	18 17 FS 4
55MN 19	2.427	1/2+			19 1.4 PS +10-7
55MN 20			2.563	3/2-	20 7.7 FS 14
55MN 21				2.582	21
55MN 22				2.622 (1/2+)	22
55MN 23				2.695	23
55MN 24			2.727	7/2-	24 0.98 PS 27
55MN 25				2.741	25
55MN 26				2.753 5/2-,9/2-	26 25 FS 5
55MN 27				2.822 (9/2)-	27 94 FS +24-31
55MN 28			2.824	9/2-	28 11 FS 2
55MN 29				2.828	29
55MN 30			2.873	1/2-	30 83 FS 14
55MN 31				2.925	31
55MN 32			2.953	3/2-	32 13 FS 2
55MN 33				2.976 3/2-,5/2-,7/2-	33 125 FS 21
55MN 34				2.984 (3/2)+	34
55MN 35				2.992 (7/2)-	35 12 FS 4
55MN 36				3.006 (3/2-)	36 17 FS 3
55MN 37				3.028 1/2-,3/2-	37
55MN 38				3.036 (11/2-)	38 50 FS 5

55MN	39				3.037	1/2-, 3/2-	39			
55MN	40				3.040	3/2+, 5/2+	40	0.17 PS	+26-7	

55MN	41				3.046		41	0.14 PS	+10-5	
55MN	42				3.051	3/2+, 5/2+	42	1.7 PS	+31-6	
55MN	43				3.055	(15/2)-	43	0.18 PS	4	
55MN	44				3.060	5/2-, 7/2-	44			
55MN	45				3.070		45	24 FS	8	
55MN	46				3.080	(3/2)	46	30 FS	6	
55MN	47				3.126	(13/2)-	47	17 FS	3	
55MN	48				3.136	(5/2)-	48			
55MN	49				3.147	5/2-, 7/2-	49			
55MN	50		3.158	3/2-			50	46 FS	+9-5	

55MN	51				3.195	(3/2)	51	17 FS	5	
55MN	52				3.261	(5/2)	52	35 FS	14	
55MN	53				3.263	(3/2-)	53			
55MN	54				3.268		54			
55MN	55				3.342	(13/2)-	55	5 FS		
55MN	56				3.351	(3/2-)	56			
55MN	57				3.373	(11/2)	57			
55MN	58				3.379		58			
55MN	59				3.383		59			
55MN	60				3.424	(3/2)+	60	111 FS	35	

55MN	61				3.432	(1/2)-	61	22 FS	4	
55MN	62				3.480		62			
55MN	63				3.505		63			
55MN	64				3.523	1/2-, 3/2-	64			
55MN	65				3.528		65			
55MN	66				3.532		66			
55MN	67				3.580		67			
55MN	68				3.600	5/2-, 7/2-	68			
55MN	69				3.604	(3/2+)	69			
55MN	70				3.608	(5/2)-	70			

55MN	71				3.611		71			
55MN	72				3.631		72			
55MN	73				3.642		73			
55MN	74				3.661	-	74			
55MN	75				3.673	-	75			
55MN	76				3.682		76			
55MN	77				3.703		77	13 FS	4	
55MN	78				3.753		78			
55MN	79				3.772	-	79			
55MN	80				3.791		80			

55MN	81				3.800		81			
55MN	82				3.813	(13/2 TO 17/2)-	82	83 FS	28	
55MN	83				3.832		83			

55MN 84				3.845	11/2-	TO 15/2-		84	0.2 PS	LT
55MN 85							3.860	85		
55MN 86							3.883	86	1/2-,3/2-	
55MN 87							3.917	87	1/2-,3/2-	
55MN 88							3.932	88	-	
55MN 89							3.946	89		
55MN 90							3.983	90		

55MN 91							3.998	91	1/2-,3/2-	
55MN 92							4.003	92	3 FS	2
55MN 93							4.052	93		
55MN 94							4.091	94	(3/2)-	
55MN 95							4.100	95	(3/2)-	
55MN 96							4.113	96	(5/2)+	
55MN 97							4.173	97		
55MN 98							4.200	98	+	
55MN 99							4.205	99	(13/2,15/2,17/2)	69 FS 28
55MN 100							4.217	100	(1/2-,3/2-)	

55MN 101							4.234	101	(11/2)+	
55MN 102							4.266	102	(3/2-)	
55MN 103							4.280	103	+	
55MN 104		4.384	3/2+	0	7/2+			104		
55MN 105							4.404	105	(5/2-,7/2-)	
55MN 106							4.410	106	+	
55MN 107							4.416	107		
55MN 108							4.429	108		
55MN 109							4.480	109		
55MN 110							4.493	110	1/2-,3/2-	

55MN 111							4.544	111	(1/2,3/2)-	
55MN 112							4.580	112	(3/2)+	
55MN 113							4.586	113	1/2-,3/2-	
55MN 114							4.600	114		
55MN 115							4.648	115	1/2-,3/2-	
55MN 116							4.746	116	1/2-,3/2-	
55MN 117							4.804	117	1/2-,3/2-	
55MN 118							4.896	118	7/2-,5/2-	
55MN 119							4.925	119	(3/2)+	
55MN 120							4.929	120		

55MN 121							4.997	121		
55MN 122							5.026	122		
55MN 123							5.028	123	(11/2 TO 19/2)-	0.14 PS LT
55MN 124							5.058	124	1/2-,3/2-	
55MN 125							5.085	125	1/2-,3/2-	
55MN 126							5.110	126	(3/2)+	
55MN 127							5.120	127		
55MN 128							5.186	128	1/2-,3/2-	
55MN 129							5.233	129		

55MN 130			5.254		130			

55MN 131			5.260		131			
55MN 132			5.304		132			
55MN 133			5.350	(3/2)+	133			
55MN 134			5.365	1/2-, 3/2-	134			
55MN 135			5.400	(1/2+)	135			
55MN 136			5.418	(19/2)	136	0.14	PS	LT
55MN 137			5.424	(19/2)-	137	0.14	PS	LT
55MN 138			5.463		138			
55MN 139			5.498	5/2-, 7/2-	139			
55MN 140			5.500	(3/2+, 5/2+)	140			

55MN 141			5.520		141			
55MN 142	5.960	1/2+			142			
55MN 143			6.069	(3/2-)	143			
55MN 144			6.164		144			
55MN 145			7.035	-	145	0.14	FS	LT
55MN 146			7.230	(5/2)+	146			
55MN 147			7.493		147			
55MN 148			7.554	(21/2-)	148	0.14	FS	LT

S-alpha=	7.934	(0.000)						

S-p	=	8.066	(0.000)					

55MN 149			9.126		149			
55MN 150			9.147		150			

55MN 151			9.177		151			
55MN 152			9.181		152			
55MN 153			9.249		153			
55MN 154			9.263		154			
55MN 155			9.273		155			
55MN 156			9.293		156			
55MN 157			9.308		157			
55MN 158			9.326		158			
55MN 159			9.390		159			
55MN 160			9.405		160			

55MN 161			9.413		161			
55MN 162			9.427		162			
55MN 163			9.512		163			
55MN 164			9.532		164			
55MN 165			9.591		165			
55MN 166			9.607		166			
55MN 167			9.616		167			
55MN 168			9.677		168			
55MN 169			9.703		169			
55MN 170			9.718		170			

55MN 171			9.737		171			
55MN 172			9.744		172			

55MN 173			9.747	173
55MN 174			9.750	174
55MN 175			9.757	175
55MN 176			9.768	176
55MN 177			9.783	177
55MN 178			9.809	178
55MN 179			9.822	179
55MN 180			9.823	180

55MN 181			9.861	181
55MN 182			9.869	182
55MN 183			9.873	183
55MN 184			9.888	184
55MN 185			9.894	185
55MN 186			9.906	186
55MN 187			9.934	187
55MN 188			9.942	188
55MN 189			9.944	189
55MN 190			9.956	190

55MN 191			9.967	191
55MN 192			9.972	192
55MN 193			9.973	193
55MN 194			9.985	194
55MN 195			9.987	195
55MN 196			9.995	196
55MN 197			9.999	197

S-p = 8.066 (0.000)-----
S-n = 10.226 (0.001)-----
S-2p = 20.439 (0.003)-----
S-2n = 19.165 (0.000)-----
S-alpha= 7.934 (0.000)-----

S+p = -10.184 (0.000)
S+n = -7.270 (0.000)
S+2p = -16.211 (0.001)
S+2n = -15.916 (0.002)
S+alpha = -6.942 (0.000)

gap p = -2.117 (0.000)
gap n = 2.955 (0.001)
gap 2p = 4.228 (0.003)
gap 2n = 3.248 (0.002)
gap alpha = 0.992 (0.001)