^{55}Mn $Z = 25$ $N = 30$ link to full NNDC output

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

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	1/2-,3/2-		86		
55MN	87				3.917	1/2-,3/2-		87		
55MN	88				3.932	-		88		
55MN	89				3.946			89		
55MN	90				3.983			90		
55MN	91				3.998	1/2-,3/2-		91		
55MN	92				4.003			92	3 FS	2
55MN	93				4.052			93		
55MN	94				4.091	(3/2)-		94		
55MN	95				4.100	(3/2)-		95		
55MN	96				4.113	(5/2)+		96		
55MN	97				4.173			97		
55MN	98				4.200	+		98		
55MN	99				4.205	(13/2,15/2,17/2)		99-	69 FS	28
55MN	100				4.217	(1/2-,3/2-)		100		
55MN	101				4.234	(11/2)+		101		
55MN	102				4.266	(3/2-)		102		
55MN	103				4.280	+		103		
55MN	104	4.384	3/2+	0 7/2+				104		
55MN	105				4.404	(5/2-,7/2-)		105		
55MN	106				4.410	+		106		
55MN	107				4.416			107		
55MN	108				4.429			108		
55MN	109				4.480			109		
55MN	110				4.493	1/2-,3/2-		110		
55MN	111				4.544	(1/2,3/2)-		111		
55MN	112				4.580	(3/2)+		112		
55MN	113				4.586	1/2-,3/2-		113		
55MN	114				4.600			114		
55MN	115				4.648	1/2-,3/2-		115		
55MN	116				4.746	1/2-,3/2-		116		
55MN	117				4.804	1/2-,3/2-		117		
55MN	118				4.896	7/2-,5/2-		118		
55MN	119				4.925	(3/2)+		119		
55MN	120				4.929			120		
55MN	121				4.997			121		
55MN	122				5.026			122		
55MN	123				5.028	(11/2 TO 19/2)-		123	0.14 PS	LT
55MN	124				5.058	1/2-,3/2-		124		
55MN	125				5.085	1/2-,3/2-		125		
55MN	126				5.110	(3/2)+		126		
55MN	127				5.120			127		
55MN	128				5.186	1/2-,3/2-		128		
55MN	129				5.233			129		

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 55MN 130 |                |                |   5.254                    130
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 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
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 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 ( 0.001)-------------------------------------------------------------------
S-p    =   8.067 ( 0.001)-------------------------------------------------------------------
 55MN 149 |                |                |   9.126                    149
 55MN 150 |                |                |   9.147                    150
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 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
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 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
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 55MN 171 |                |                |   9.737                    171
 55MN 172 |                |                |   9.744                    172
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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
55MN 198			10.007		198
55MN 199			10.010		199
55MN 200			10.016	(3/2-)	200
55MN 201			10.020	(3/2-)	201
55MN 202			10.025	(3/2-)	202
55MN 203			10.041	(3/2-)	203
55MN 204			10.056		204
55MN 205			10.066		205
55MN 206	10.072	1/2+			206
55MN 207			10.094		207
55MN 208			10.109		208
55MN 209			10.117		209
55MN 210			10.193		210

S-n = 10.226 (0.001)

55MN 211			10.271		211
55MN 212	10.305	1/2+			212
55MN 213	10.326	1/2+			213
55MN 214			10.559		214

S-p = 8.067 (0.001)

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

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 ( 0.001)

gap p     =  -2.117 ( 0.001)
gap n     =   2.956 ( 0.001)
gap 2p    =   4.228 ( 0.003)
gap 2n    =   3.249 ( 0.002)
gap alpha =   0.991 ( 0.001)
```