

^{56}Mn $Z = 25$ $N = 31$ [link to full NNDC output](#)

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

BE = 489.347 (0.000) MeV

Qbeta- = 3.696 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
56MN	1	0.000	3+		1 2.5789 H 1
56MN	2	0.027	2+		2 8.7 NS 5
56MN	3	0.111	1+		3 5.08 NS 15
56MN	4	0.212	4+		4 30 PS 2
56MN	5			0.215 1+,2+	5
56MN	6	0.336	5+		6 2.0 NS 14
56MN	7	0.341	3+		7
56MN	8	0.454	3+		8
56MN	9	0.486	3+		9
56MN	10			0.541 (2-,3-)	10
56MN	11			0.661 (2-,3-)	11
56MN	12			0.716	12
56MN	13	0.753	3+		13 0.5 PS LT
56MN	14			0.840	14
56MN	15			0.853 +	15
56MN	16			0.884	16
56MN	17			0.974	17
56MN	18			1.140	18
56MN	19	1.168	1+		19
56MN	20			1.192 (4)+	20 0.5 PS 2
56MN	21			1.195 (3+)	21
56MN	22			1.237	22 2.6 PS 4
56MN	23			1.239 1+,2+,3+	23
56MN	24			1.294 (2)+	24
56MN	25			1.351 2+,3+	25
56MN	26			1.364 (2-,3-)	26
56MN	27			1.384 (2-,3-)	27
56MN	28			1.447	28
56MN	29			1.484	29
56MN	30			1.485	30
56MN	31			1.510 2+,3+	31
56MN	32			1.560 (1+)	32
56MN	33			1.614 (+)	33 0.59 PS 24
56MN	34			1.655 (1+)	34
56MN	35			1.674 (2-,3-)	35
56MN	36			1.693	36
56MN	37			1.727 +	37

56MN	38	1.744	2+					38
56MN	39					1.780		39
56MN	40	1.834	1+					40

56MN	41					1.866	(2+)	41
56MN	42					1.878	2-,3-	42
56MN	43					1.911	(+)	43
56MN	44					1.949	+	44
56MN	45					1.970	(3+)	45
56MN	46					1.980	(2,3)-	46
56MN	47	2.017	2+					47
56MN	48					2.038	(+)	48
56MN	49					2.071	2+,3+	49
56MN	50			2.090	3-			50

56MN	51					2.116	-	51
56MN	52					2.118	(4+)	52
56MN	53					2.159		53
56MN	54					2.203	(+)	54
56MN	55					2.235	2+, (3)+	55
56MN	56	2.255	3+					56
56MN	57					2.273		57
56MN	58					2.301	+	58
56MN	59			2.321	2-			59
56MN	60					2.335	+	60

56MN	61					2.363	2+,3+	61
56MN	62					2.396	2+,3+	62
56MN	63					2.421		63
56MN	64					2.432		64
56MN	65	2.442	2+					65
56MN	66					2.475	0+,1+	66
56MN	67					2.519	(1+)	67
56MN	68	2.546	1+					68
56MN	69					2.555	(5+)	69
56MN	70					2.580		70 0.7 PS GT

56MN	71					2.617	(1+)	71
56MN	72					2.629	2-,3-	72
56MN	73					2.650		73 0.6 PS 3
56MN	74					2.652	(2-,3-)	74
56MN	75					2.682	+	75
56MN	76					2.704	2+,3+	76
56MN	77					2.720	2+, (3)+	77
56MN	78					2.780	(1+)	78
56MN	79					2.797	1+,2+,3+	79
56MN	80					2.825	2+,3+	80

56MN	81					2.855	+	81
56MN	82					2.872	2-,3-	82

56MN 83		2.890	1+					83
56MN 84						2.923	+	84
56MN 85						2.942		85
56MN 86						2.951	+	86
56MN 87						3.003	2-,3-	87
56MN 88						3.019	+	88
56MN 89		3.048	1+					89
56MN 90					3.060	8-		90

56MN 91						3.071	+	91
56MN 92						3.106		92 0.17 PS 7
56MN 93						3.130	+	93
56MN 94						3.160	+	94
56MN 95						3.166		95
56MN 96						3.218	-	96
56MN 97					3.230	6-		97
56MN 98						3.241	+	98
56MN 99						3.260	(1+)	99
56MN 100						3.264	2-,3-	100

56MN 101						3.291		101
56MN 102						3.294	2-,3-	102
56MN 103						3.316		103
56MN 104						3.345	2-,3-	104
56MN 105						3.374	+	105
56MN 106		3.387	1+					106
56MN 107						3.396		107 0.14 PS LT
56MN 108						3.413	+	108
56MN 109						3.428		109
56MN 110						3.450		110

56MN 111						3.456	(2-,3-)	111
56MN 112						3.466		112
56MN 113						3.485	(-)	113
56MN 114		3.498	1+					114
56MN 115						3.518		115
56MN 116						3.525	+	116
56MN 117						3.544	(2-,3-)	117
56MN 118						3.584	+	118
56MN 119						3.608	(2-,3-)	119
56MN 120						3.628	2+,3+,(1)+	120

56MN 121						3.648	(+)	121
56MN 122						3.675		122
56MN 123						3.690	(1+)	123
56MN 124						3.697	+	124
56MN 125						3.721	1+,2+,3+	125
56MN 126						3.748	2-,3-	126 0.28 PS LT
56MN 127						3.772	2,3,4	127
56MN 128						3.794	+	128

56MN 129				3.812		129
56MN 130				3.823	-	130

56MN 131				3.840	2-,3-	131
56MN 132				3.862	2-,3-	132
56MN 133				3.878		133
56MN 134				3.902		134
56MN 135				3.927	(+)	135
56MN 136				3.962		136
56MN 137				3.976	(+)	137
56MN 138				3.982	2-,3-	138
56MN 139				3.998		139
56MN 140				4.000		140

56MN 141				4.001		141
56MN 142				4.028	(+)	142
56MN 143				4.072	(+)	143
56MN 144				4.098		144
56MN 145				4.118		145
56MN 146				4.132		146
56MN 147				4.153	2-,3-	147
56MN 148				4.174	(+)	148
56MN 149				4.195		149
56MN 150				4.225	-	150

56MN 151				4.238	-	151
56MN 152				4.263	(2-,3-)	152
56MN 153				4.283	2-,3-	153
56MN 154				4.301	2-,3-	154
56MN 155		4.327	6-			155
56MN 156				4.350	2-,3-	156
56MN 157				4.374	(+)	157
56MN 158				4.379	(9)	158 0.26 PS 5
56MN 159				4.403	2-,3-	159
56MN 160				4.417	(+)	160

56MN 161				4.432		161
56MN 162				4.457		162
56MN 163				4.470	2-,3-	163
56MN 164				4.512	+	164
56MN 165				4.525		165
56MN 166				4.543	2-,3-	166
56MN 167				4.565		167
56MN 168				4.581	2-,3-	168
56MN 169				4.610		169
56MN 170				4.628	+	170

56MN 171				4.643		171
56MN 172				4.653		172
56MN 173				4.673		173

56MN 174			4.697		174
56MN 175			4.712	+	175
56MN 176			4.740	+	176
56MN 177			4.753		177
56MN 178			4.769	+	178
56MN 179			4.798	+	179
56MN 180			4.809		180

56MN 181			4.817		181
56MN 182			4.818		182
56MN 183			4.821		183
56MN 184			4.834		184
56MN 185			4.841	2-,3-	185
56MN 186			4.863	2-,3-	186
56MN 187			4.886	2-,3-	187
56MN 188			4.899		188
56MN 189			4.918	+	189
56MN 190			4.928	+	190

56MN 191			4.950	-	191
56MN 192			4.968	+	192
56MN 193			4.978		193
56MN 194			4.989	2-,3-	194
56MN 195			5.013	2-,3-	195
56MN 196			5.044		196
56MN 197			5.065		197
56MN 198			5.072		198
56MN 199			5.085		199
56MN 200			5.113	-	200

56MN 201			5.130	-	201
56MN 202			5.161	(+)	202
56MN 203			5.172		203
56MN 204			5.188	2-,3-	204
56MN 205			5.208	+	205
56MN 206			5.223		206
56MN 207			5.261	-	207
56MN 208			5.275	-	208
56MN 209			5.299	-	209
56MN 210			5.314	-	210

56MN 211			5.322	(10)	211 0.14 PS LT
56MN 212			5.332	+	212
56MN 213			5.343	-	213
56MN 214			5.364	-	214
56MN 215			5.387		215
56MN 216			5.407	-	216
56MN 217			5.416		217
56MN 218			5.430		218
56MN 219			5.445	-	219

56MN 220				5.456		220		

56MN 221				5.471	-	221		
56MN 222				5.486	-	222		
56MN 223				5.515		223		
56MN 224				5.525		224		
56MN 225				5.551		225		
56MN 226				5.564		226		
56MN 227				5.595		227		
56MN 228				5.604		228		
56MN 229				5.642	(2-,3-)	229		
56MN 230				5.652		230		

56MN 231				5.664		231		
56MN 232				5.683	+	232		
56MN 233				5.712		233		
56MN 234				5.715	+	234		
56MN 235				5.734	(+)	235		
56MN 236				5.751	(+)	236		
56MN 237				5.765		237		
56MN 238				5.775	2-,3-	238		
56MN 239				5.795	(+)	239		
56MN 240				5.833	2-,3-	240		

56MN 241				5.861		241		
56MN 242				5.870	(+)	242		
56MN 243				5.890	(+)	243		
56MN 244				5.910	-	244		
56MN 245				5.936		245		
56MN 246				5.957	-	246		
56MN 247				6.266		247		
56MN 248				6.309		248		
56MN 249				6.318		249	0.14 PS	LT
56MN 250				6.367		250		

56MN 251				6.411		251		
56MN 252				6.464		252		
56MN 253				6.478		253		
56MN 254				6.512		254		
56MN 255				6.960		255		
S-n	=	7.270	(0.000)				

56MN 256				7.408		256	0.14 PS	LT
56MN 257		7.450	9+			257		
56MN 258				7.700		258		

S-p	=	9.091	(0.001)				
S-n	=	7.270	(0.000)				
S-2p	=	21.596	(0.015)				
S-2n	=	17.497	(0.001)				

S-alpha= 7.893 (0.001)-----

S+p = -10.559 (0.000)

S+n = -8.646 (0.002)

S+2p = -17.514 (0.001)

S+2n = -15.059 (0.003)

S+alpha = -7.164 (0.001)

gap p = -1.468 (0.001)

gap n = -1.376 (0.002)

gap 2p = 4.083 (0.015)

gap 2n = 2.438 (0.003)

gap alpha = 0.729 (0.001)