

^{57}Mn $Z = 25$ $N = 32$ [link to full NNDC output](#)

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

BE = 497.993 (0.001) MeV

Qbeta- = 2.696 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2
57MN 1			0.000	5/2-	1 85.4 S 18
57MN 2				0.083 5/2-,7/2-	2
57MN 3			0.850	3/2-	3
57MN 4				1.056 1/2-,3/2-,5/2-	4
57MN 5				1.073 -	5
57MN 6				1.227 -	6 0.35 PS GT
57MN 7				1.375 -	7
57MN 8				1.477 -	8
57MN 9				1.493 -	9
57MN 10				1.535 -	10
57MN 11				1.618	11
57MN 12				1.630	12
57MN 13				1.725 -	13
57MN 14	1.753	1/2+			14
57MN 15				1.835 -	15
57MN 16				1.916 -	16
57MN 17				1.928 -	17
57MN 18				1.962 3/2+,5/2+	18
57MN 19				2.008 -	19
57MN 20				2.147	20
57MN 21				2.186	21
57MN 22				2.233 5/2-,7/2-	22
57MN 23				2.341 5/2+,3/2+	23
57MN 24				2.422	24
57MN 25				2.493	25
57MN 26				2.503	26
57MN 27				2.520	27
57MN 28				2.559	28
57MN 29				2.607	29
57MN 30				2.640	30
57MN 31			2.702	1/2- T0 7/2-	31
57MN 32				2.741	32
57MN 33				2.758	33 1.4 PS LT
57MN 34				2.772	34
57MN 35				2.848	35
57MN 36				2.928	36
57MN 37				3.087	37

57MN	38				3.123	38
57MN	39				3.164	39
57MN	40				3.212	40

57MN	41				3.254	41
57MN	42				3.287	42 0.49 PS 14
57MN	43				3.371	43
57MN	44				3.458	44
57MN	45				3.482	45
57MN	46				3.542	46
57MN	47				3.608	47
57MN	48				3.674	48
57MN	49				3.715	49
57MN	50				3.757	50

57MN	51				3.796	51
57MN	52				3.838	52
57MN	53				3.870	53
57MN	54				3.911	54
57MN	55				3.947	55
57MN	56				3.959	56
57MN	57				4.001	57
57MN	58				4.029	58
57MN	59				4.073	59
57MN	60				4.168	60

57MN	61				4.211	61
57MN	62				4.292	62
57MN	63				4.363	63
57MN	64				4.472	64
57MN	65				4.523	65
57MN	66				4.626	66
57MN	67				4.710	67 0.28 PS LT
57MN	68				4.748	68
57MN	69				4.841	69
57MN	70				5.009	70

57MN	71				5.060	71
57MN	72				5.167	72

S-p = 9.490 (0.002)-----
S-n = 8.646 (0.002)-----
S-2p = 22.920 (0.095)-----
S-2n = 15.916 (0.002)-----
S-alpha= 8.060 (0.003)-----

S+p = -11.958 (0.002)
S+n = -6.413 (0.003)
S+2p = -19.321 (0.002)

S+2n = -14.182 (0.003)
S+alpha = -7.837 (0.002)

gap p = -2.468 (0.002)
gap n = 2.233 (0.003)
gap 2p = 3.598 (0.095)
gap 2n = 1.735 (0.003)
gap alpha = 0.223 (0.004)