

^{58}Mn $Z = 25$ $N = 33$ [link to full NNDC output](#)

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

BE = 504.405 (0.003) MeV

Qbeta- = 6.328 (0.003) MeV

	Energy T	J+	J-	J-other	T1/2
58MN	1	0.000	1+		1 3.0 S 1
58MN	2	0.072	4+		2 65.4 S 5
58MN	3			0.126 (2+)	3
58MN	4			0.170 (3+)	4
58MN	5	0.183	1+		5
58MN	6	0.289	1+		6
58MN	7			0.430 (3+)	7
58MN	8			0.448 (5+)	8 35 PS LT
58MN	9			0.463 (0:3+)	9
58MN	10			0.591 (4+)	10
58MN	11	0.651	1+		11
58MN	12	0.661	5+		12
58MN	13			0.683 (0:3+)	13
58MN	14			0.735 (4+)	14
58MN	15	0.748	1+		15
58MN	16	0.810	1+		16
58MN	17	0.817	1+		17
58MN	18	1.044	1+		18
58MN	19			1.240 (6+)	19
58MN	20			1.250 (2)+	20
58MN	21	1.275	1+		21
58MN	22			1.338 (4)	22
58MN	23	1.350	3+		23
58MN	24	1.385	5+		24
58MN	25			1.413	25
58MN	26			1.458 (5)	26
58MN	27			1.470 (4)+	27
58MN	28			1.535 (4)+	28
58MN	29			1.601 (6)	29
58MN	30			1.880 (7)	30 35 PS LT
58MN	31			2.259 (3,4)+	31
58MN	32			2.282 (5,4)+	32
58MN	33			2.340	33
58MN	34			2.368 (2,3,4)+	34
58MN	35			2.412 (2,3)+	35
58MN	36			2.460 (8)	36 0.4 PS LT
58MN	37			2.487 (2,3)+	37

58MN 38				2.506	(NOT 1+)	38
58MN 39				2.564		39
58MN 40				2.855		40

58MN 41				2.988		41
58MN 42				3.040	(NOT 1+)	42
58MN 43				3.043	(9)	43 0.4 PS LT
58MN 44				3.218		44
58MN 45				3.258		45
58MN 46				3.415		46
58MN 47				3.462		47
58MN 48				3.721	(10)	48 0.3 PS LT
58MN 49				4.708		49
58MN 50				4.733	(11)	50

58MN 51				4.812	(11)	51
58MN 52				4.941		52
58MN 53				5.312		53
58MN 54				5.424	(12)	54
58MN 55				6.337		55
S-n	=	6.413	(0.003)	-----		
58MN 56				6.566		56
58MN 57				6.873	(13)	57
58MN 58				7.443	(14)	58
S-alpha=	=	8.359	(0.015)	-----		
58MN 59				9.831	(16)	59

S-p	=	10.592	(0.003)	-----		
S-n	=	6.413	(0.003)	-----		
S-2p	=	24.251	(0.177)	-----		
S-2n	=	15.059	(0.003)	-----		
S-alpha=	=	8.359	(0.015)	-----		

S+p	=	-12.126	(0.003)	-----		
S+n	=	-7.769	(0.004)	-----		
S+2p	=	-20.401	(0.003)	-----		
S+2n	=	-13.283	(0.004)	-----		
S+alpha	=	-8.022	(0.019)	-----		

gap p	=	-1.534	(0.004)	-----		
gap n	=	-1.356	(0.005)	-----		
gap 2p	=	3.850	(0.177)	-----		
gap 2n	=	1.776	(0.005)	-----		
gap alpha	=	0.338	(0.024)	-----		