

^{59}Mn $Z = 25$ $N = 34$ [link to full NNDC output](#)

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

BE = 512.174 (0.002) MeV

Qbeta- = 5.140 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2
59MN	1		0.000	5/2-	1 4.59 S 5
59MN	2		0.112	7/2-	2
59MN	3		1.049	9/2-	3
59MN	4			1.238	4
59MN	5		1.301	11/2-	5 1.82 PS 28
59MN	6			1.862 (9/2-)	6
59MN	7			1.900	7
59MN	8			2.343 (11/2-)	8
59MN	9			2.641 (13/2-)	9
59MN	10			2.722 (13/2-)	10

59MN	11			2.741 (11/2)	11
59MN	12		2.922	15/2-	12
59MN	13			3.038 (13/2)	13
59MN	14			3.190 (13/2)	14
59MN	15			3.219 (15/2)	15
59MN	16			3.452 (15/2)	16
59MN	17			3.673 (17/2)	17
59MN	18			3.682 (17/2)	18
59MN	19			3.767	19
59MN	20			3.874 (17/2)	20

59MN	21			4.268 (19/2)	21
59MN	22			4.344 (19/2)	22
59MN	23			4.368 (19/2)	23
59MN	24			4.988 (21/2)	24
59MN	25			5.187 (21/2)	25
59MN	26			5.238 (21/2)	26
59MN	27			5.801 (23/2)	27
59MN	28			5.987 (23/2)	28
59MN	29			6.234 (23/2)	29
59MN	30			6.682	30

59MN	31			6.785 (25/2)	31
59MN	32			7.147 (25/2)	32
59MN	33			7.321	33
59MN	34			7.458	34
59MN	35			7.608	35
59MN	36			7.750 (27/2)	36
59MN	37			7.758	37

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S-p    = 10.822 ( 0.003)-----  
S-n    =  7.769 ( 0.004)-----  
S-2p   = 25.690 ( 0.081)-----  
S-2n   = 14.182 ( 0.003)-----  
S-alpha=  8.806 ( 0.095)-----  
  
S+p    = -13.177 ( 0.004)  
S+n    =  -5.514 ( 0.003)  
S+2p   = -21.951 ( 0.002)  
S+2n   = -12.359 ( 0.003)  
S+alpha =  -8.751 ( 0.019)  
  
gap p   = -2.354 ( 0.005)  
gap n   =  2.255 ( 0.005)  
gap 2p  =  3.739 ( 0.081)  
gap 2n  =  1.822 ( 0.004)  
gap alpha =  0.054 ( 0.097)
```