

^{60}Mn $Z = 25$ $N = 35$ [link to full NNDC output](#)

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

BE = 517.688 (0.002) MeV

Qbeta- = 8.445 (0.004) MeV

	Energy T	J+	J-	J-other	T1/2
60MN	1	0.000	1+		1 0.28 S 2
60MN	2	0.272	4+		2 1.77 S 2
60MN	3			0.348 (2+)	3
60MN	4			0.407 (3+)	4
60MN	5			0.726 (5+)	5
60MN	6			0.734 (4)	6
60MN	7			0.757 (1+)	7
60MN	8			0.836 (5)	8
60MN	9			0.842	9
60MN	10			0.966 (6)	10
60MN	11			1.090 (6+)	11
60MN	12			1.215 (7)	12
60MN	13			1.246	13
60MN	14			1.784 (8)	14
60MN	15			2.049 (7+)	15
60MN	16			2.223 (6)	16
60MN	17			2.382 (9)	17
60MN	18			2.439	18
60MN	19			2.570 (7)	19
60MN	20			3.006 (8)	20
60MN	21			3.048 (10)	21
60MN	22			3.486 (9)	22
60MN	23			3.602	23
60MN	24			3.654	24
60MN	25			4.023 (10)	25
60MN	26			4.059 (11)	26
60MN	27			4.132	27
60MN	28			4.389	28
60MN	29			4.533	29
60MN	30			4.613 (11)	30
60MN	31			4.645	31
60MN	32			4.781 (12)	32
60MN	33			5.002	33
60MN	34			5.076	34
60MN	35			5.235	35
60MN	36			5.262 (12)	36
S-n	=	5.514 (0.003)			

60MN	37				5.986		37
60MN	38				6.027	(13)	38
60MN	39				6.108	(13)	39
60MN	40				6.235		40

60MN	41				6.824	(14)	41
60MN	42				6.864	(14)	42
60MN	43				7.758	(15)	43
60MN	44				8.983	(16)	44
60MN	45				9.235	(16)	45
S-p	=	12.171	(0.216)	-----			
S-n	=	5.514	(0.003)	-----			
S-2p	=	27.144	(0.089)	-----			
S-2n	=	13.283	(0.004)	-----			
S-alpha	=	9.238	(0.177)	-----			
S+p	=	-13.242	(0.004)				
S+n	=	-6.846	(0.003)				
S+2p	=	-23.034	(0.019)				
S+2n	=	-11.699	(0.007)				
S+alpha	=	-9.249	(0.020)				
gap p	=	-1.070	(0.216)				
gap n	=	-1.332	(0.005)				
gap 2p	=	4.110	(0.091)				
gap 2n	=	1.584	(0.008)				
gap alpha	=	-0.012	(0.178)				