

$^{62}\text{Mn}$        $Z = 25$        $N = 37$       adopted link    ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE      =    529.387 ( 0.007) MeV  
Qbeta- =    10.354 ( 0.007) MeV

Energy	T	J+	J-	J-other	T1/2
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S-p      = 13.316 ( 0.007)  
S-n      = 4.853 ( 0.007)  
S-2p     = 30.015 ( 0.182)  
S-2n     = 11.699 ( 0.007)  
S-alpha= 10.518 ( 0.096)

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S+p      = -14.401 ( 0.008)  
S+n      = -6.434 ( 0.008)  
S+2p     = -25.846 ( 0.021)  
S+2n     = -10.608 ( 0.007)  
S+alpha = -10.310 ( 0.015)

gap p    = -1.084 ( 0.010)  
gap n    = -1.581 ( 0.010)  
gap 2p   = 4.168 ( 0.183)  
gap 2n   = 1.091 ( 0.010)  
gap alpha = 0.209 ( 0.097)