^{64}Mn $Z = 25$ $N = 39$ link to full NNDC output

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

BE = 539.995 (0.004) MeV
Qbeta- = 11.980 (0.006) MeV

	Energy	T	J+	J-	J-other		T1/2	
64MN 1				0.000	(1+)	1	90 MS	4
64MN 2				0.040	(2-)	2		
64MN 3				0.175	(4+)	3	0.50 MS	5
64MN 4				0.188	(1+)	4		

S-p = 14.271 (0.358)
S-n = 4.173 (0.005)
S-2p = 0.000 (0.000)
S-2n = 10.608 (0.007)
S-alpha= 12.172 (0.220)

S+p = -15.518 (0.006)
S+n = -6.050 (0.005)
S+2p = -27.997 (0.014)
S+2n = -9.904 (0.012)
S+alpha = -11.367 (0.190)

gap p = -1.247 (0.358)
gap n = -1.876 (0.007)
gap 2p = 0.000 (0.000)
gap 2n = 0.704 (0.014)
gap alpha = 0.806 (0.291)