

^{69}Mn $Z = 25$ $N = 44$ adopted link ENSDF link

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

BE = 562.695 (-0.414) MeV

Qbeta- = 13.892 (0.463) MeV

	Energy T	J+	J-	J-other	T1/2
69MN	1			0.000 (5/2-)	1 16 MS 3

S-p = 16.927 (-0.631)-----

S-n = 4.483 (-0.495)-----

S-2p = 38.152 (-0.731)-----

S-2n = 7.868 (-0.460)-----

S-alpha= 15.634 (-0.665)-----

S+p = -18.865 (-0.500)

S+n = -3.185 (-0.641)

S+2p = -33.615 (-0.623)

S+2n = -7.435 (-0.647)

S+alpha = -15.055 (-0.507)

gap p = -1.938 (0.805)

gap n = 1.298 (0.810)

gap 2p = 4.537 (0.961)

gap 2n = 0.433 (0.794)

gap alpha = 0.579 (0.836)