

^{69}Mn $Z = 25$ $N = 44$ [link to full NNDC output](#)

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

BE = 0.000 (0.000) MeV

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