

$^{70}\text{Mn}$        $Z = 25$        $N = 45$       [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
70MN	1				0.000	1 19.9 MS 17