

^{70}Mn $Z = 25$ $N = 45$ adopted link ENSDF link

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

BE = 565.880 (-0.490) MeV

Qbeta- = 16.462 (0.564) MeV

	Energy T	J+	J-	J-other	T1/2
70MN	1			0.000	1 19.9 MS 17

S-p = 18.089 (-0.688)-----
 S-n = 3.185 (-0.641)-----
 S-2p = 0.000 (-0.000)-----
 S-2n = 7.668 (-0.560)-----
 S-alpha= 16.580 (-0.720)-----

S+p = -18.805 (-0.649)
 S+n = -4.250 (-0.698)
 S+2p = -34.456 (-0.568)
 S+2n = -6.880 (-0.756)
 S+alpha = -15.510 (-0.614)

gap p = -0.716 (0.946)
 gap n = -1.065 (0.948)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.788 (0.941)
 gap alpha = 1.070 (0.947)