

^{55}Mn $Z = 25$ $N = 30$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 482.076 (0.000) MeV

		Energy T	J+	J-	J-other	T1/2	

55MN	1			0.000	5/2-	1	STABLE
55MN	2			0.126	7/2-	2	259 PS 8
55MN	3			0.984	9/2-	3	0.28 PS 3
55MN	4	1.289	(11/2+)			4	
55MN	5			1.292	(11/2)-	5	1.1 PS 1
55MN	6			1.293	(1/2-)	6	
55MN	7			1.528	3/2-	7	62 FS 13
55MN	8			1.884	(7/2)-	8	12 FS 3
55MN	9			2.015	7/2-	9	0.51 FS AP
55MN	10			2.198	7/2-	10	18 FS 6

55MN	11				2.215 5/2-, 7/2-	11	0.38 PS +8-6
55MN	12			2.252	3/2-	12	23 FS 2
55MN	13			2.267	(5/2)-	13	125 FS 21
55MN	14				2.281 (1/2)	14	
55MN	15			2.311	13/2-	15	0.15 PS 3
55MN	16			2.366	5/2-	16	23 FS 2
55MN	17				2.380 (1/2, 3/2)	17	
55MN	18				2.398 LE 9/2-	18	17 FS 4
55MN	19	2.427	1/2+			19	1.4 PS +10-7
55MN	20			2.563	3/2-	20	7.7 FS 14

55MN	21				2.582	21	
55MN	22	2.622	(1/2+)			22	
55MN	23				2.695	23	
55MN	24			2.727	7/2-	24	0.98 PS 27
55MN	25				2.741	25	
55MN	26				2.753 5/2-, 9/2-	26	25 FS 5
55MN	27			2.822	(9/2)-	27	94 FS +24-31
55MN	28			2.824	9/2-	28	11 FS 2
55MN	29				2.828	29	
55MN	30			2.873	1/2-	30	83 FS 14

55MN	31				2.925	31	
55MN	32			2.953	3/2-	32	13 FS 2
55MN	33				2.976 3/2-, 5/2-	33	125 FS 21
55MN	34	2.984	(3/2)+			34	
55MN	35			2.992	(7/2)-	35	12 FS 4
55MN	36			3.006	(3/2-)	36	17 FS 3
55MN	37				3.028 1/2-, 3/2-	37	

55MN	38				3.036	(11/2-)				38	50	FS	5
55MN	39							3.037	1/2-, 3/2-	39			
55MN	40							3.040	3/2+, 5/2+	40	0.17	PS	+26-7

55MN	41							3.046		41	0.14	PS	+10-5
55MN	42							3.051	3/2+, 5/2+	42	1.7	PS	+31-6
55MN	43				3.055	(15/2-)				43	0.18	PS	4
55MN	44							3.060	5/2-, 7/2-	44			
55MN	45							3.070		45	24	FS	8
55MN	46							3.080	(3/2)	46	30	FS	6
55MN	47				3.126	(13/2-)				47	17	FS	3
55MN	48				3.136	(5/2-)				48			
55MN	49							3.147	5/2-, 7/2-	49			
55MN	50				3.158	3/2-				50	46	FS	+9-5

55MN	51							3.195	(3/2)	51	17	FS	5
55MN	52							3.261	(5/2)	52	35	FS	14
55MN	53				3.263	(3/2-)				53			
55MN	54							3.268		54			
55MN	55				3.342	(13/2-)				55	5	FS	
55MN	56				3.351	(3/2-)				56			
55MN	57							3.373	(11/2)	57			
55MN	58							3.379		58			
55MN	59							3.383		59			
55MN	60		3.424	(3/2)+						60	111	FS	35

55MN	61				3.432	(1/2-)				61	22	FS	4
55MN	62							3.480		62			
55MN	63							3.505		63			
55MN	64							3.523	1/2-, 3/2-	64			
55MN	65							3.528		65			
55MN	66							3.532		66			
55MN	67							3.580		67			
55MN	68							3.600	5/2-, 7/2-	68			
55MN	69		3.604	(3/2+)						69			
55MN	70				3.608	(5/2-)				70			

55MN	71							3.611		71			
55MN	72							3.631		72			
55MN	73							3.642		73			
55MN	74							3.661	-	74			
55MN	75							3.673	-	75			
55MN	76							3.682		76			
55MN	77							3.703		77	13	FS	4
55MN	78							3.753		78			
55MN	79							3.772	-	79			
55MN	80							3.791		80			

55MN	81							3.800		81			
55MN	82				3.813	(13/2 TO 17/2)-				82	83	FS	28

55MN 83						3.832		83		
55MN 84				3.845		11/2- TO 15/2-		84	0.2 PS	LT
55MN 85						3.860		85		
55MN 86						3.883	1/2-,3/2-	86		
55MN 87						3.917	1/2-,3/2-	87		
55MN 88						3.932	-	88		
55MN 89						3.946		89		
55MN 90						3.983		90		

55MN 91						3.998	1/2-,3/2-	91		
55MN 92						4.003		92	3 FS	2
55MN 93						4.052		93		
55MN 94				4.091		(3/2)-		94		
55MN 95				4.100		(3/2)-		95		
55MN 96		4.113		(5/2)+				96		
55MN 97						4.173		97		
55MN 98						4.200	+	98		
55MN 99						4.205	(13/2,15/	99-	69 FS	28
55MN 100						4.217	(1/2-,3/2)	100		

55MN 101		4.234		(11/2)+				101		
55MN 102				4.266		(3/2-)		102		
55MN 103						4.280	+	103		
55MN 104		4.384		3/2+ TO 7/2+				104		
55MN 105						4.404	(5/2-,7/2)	105		
55MN 106						4.410	+	106		
55MN 107						4.416		107		
55MN 108						4.429		108		
55MN 109						4.480		109		
55MN 110						4.493	1/2-,3/2-	110		

55MN 111						4.544	(1/2,3/2)	111		
55MN 112		4.580		(3/2)+				112		
55MN 113						4.586	1/2-,3/2-	113		
55MN 114						4.600		114		
55MN 115						4.648	1/2-,3/2-	115		
55MN 116						4.746	1/2-,3/2-	116		
55MN 117						4.804	1/2-,3/2-	117		
55MN 118						4.896	7/2-,5/2-	118		
55MN 119		4.925		(3/2)+				119		
55MN 120						4.929		120		

55MN 121						4.997		121		
55MN 122						5.026		122		
55MN 123				5.028		(11/2 TO 19/2)-		123	0.14 PS	LT
55MN 124						5.058	1/2-,3/2-	124		
55MN 125						5.085	1/2-,3/2-	125		
55MN 126		5.110		(3/2)+				126		
55MN 127						5.120		127		
55MN 128						5.186	1/2-,3/2-	128		

55MN 129				5.233	129		
55MN 130				5.254	130		

55MN 131				5.260	131		
55MN 132				5.304	132		
55MN 133	5.350	(3/2)+			133		
55MN 134				5.365	1/2-, 3/2-	134	
55MN 135	5.400	(1/2+)			135		
55MN 136				5.418	(19/2)	136	0.14 PS LT
55MN 137			5.424	(19/2)-	137	0.14 PS	LT
55MN 138				5.463	138		
55MN 139				5.498	5/2-, 7/2-	139	
55MN 140				5.500	(3/2+, 5/2)	140	

55MN 141				5.520	141		
55MN 142	5.960	1/2+			142		
55MN 143			6.069	(3/2-)	143		
55MN 144				6.164	144		
55MN 145				7.035	-	145	0.14 FS LT
55MN 146	7.230	(5/2)+			146		
55MN 147				7.493	147		
55MN 148			7.554	(21/2-)	148	0.14 FS	LT
S-alpha=	7.934	(0.000)					
S-p =	8.066	(0.000)					

55MN 149				9.126	149		
55MN 150				9.147	150		

55MN 151				9.177	151		
55MN 152				9.181	152		
55MN 153				9.249	153		
55MN 154				9.263	154		
55MN 155				9.273	155		
55MN 156				9.293	156		
55MN 157				9.308	157		
55MN 158				9.326	158		
55MN 159				9.390	159		
55MN 160				9.405	160		

55MN 161				9.413	161		
55MN 162				9.427	162		
55MN 163				9.512	163		
55MN 164				9.532	164		
55MN 165				9.591	165		
55MN 166				9.607	166		
55MN 167				9.616	167		
55MN 168				9.677	168		
55MN 169				9.703	169		
55MN 170				9.718	170		

55MN 171				9.737	171		

55MN 172				9.744	172
55MN 173				9.747	173
55MN 174				9.750	174
55MN 175				9.757	175
55MN 176				9.768	176
55MN 177				9.783	177
55MN 178				9.809	178
55MN 179				9.822	179
55MN 180				9.823	180

55MN 181				9.861	181
55MN 182				9.869	182
55MN 183				9.873	183
55MN 184				9.888	184
55MN 185				9.894	185
55MN 186				9.906	186
55MN 187				9.934	187
55MN 188				9.942	188
55MN 189				9.944	189
55MN 190				9.956	190

55MN 191				9.967	191
55MN 192				9.972	192
55MN 193				9.973	193
55MN 194				9.985	194
55MN 195				9.987	195
55MN 196				9.995	196
55MN 197				9.999	197
55MN 198				10.007	198
55MN 199				10.010	199
55MN 200		10.016	(3/2-)		200

55MN 201		10.020	(3/2-)		201
55MN 202		10.025	(3/2-)		202
55MN 203		10.041	(3/2-)		203
55MN 204				10.056	204
55MN 205				10.066	205
55MN 206	10.072	1/2+			206
55MN 207				10.094	207
55MN 208				10.109	208
55MN 209				10.117	209
55MN 210				10.193	210
S-n = 10.226 (0.001)	-----				

55MN 211				10.271	211
55MN 212	10.305	1/2+			212
55MN 213	10.326	1/2+			213
55MN 214				10.559	214

S-p = 8.066 (0.000) -----
S-n = 10.226 (0.001) -----
S-2p = 20.439 (0.003) -----
S-2n = 19.165 (0.000) -----
S-alpha= 7.934 (0.000) -----

S+p = -10.184 (0.000)
S+n = -7.270 (0.000)
S+2p = -16.211 (0.001)
S+2n = -15.916 (0.002)
S+alpha = -6.942 (0.000)

gap p = -2.117 (0.000)
gap n = 2.955 (0.001)
gap 2p = 4.228 (0.003)
gap 2n = 3.248 (0.002)
gap alpha = 0.992 (0.001)