[CLAIMS]

1. An electrical steel sheet comprising:

a base steel sheet;

a first insulation coating formed on a first surface of the base steel sheet and having adhesiveness; and

a second insulation coating formed on a second surface of the base steel sheet which is a back surface to the first surface and having adhesiveness, wherein

an average pencil hardness of the first insulation coating is H or higher and 3H or lower, and

an average pencil hardness of the second insulation coating is higher than the average pencil hardness of the first insulation coating.

2. The electrical steel sheet according to claim 1, wherein the average pencil hardness of the second insulation coating is 4H or higher and 9H or lower.

3. The electrical steel sheet according to claim 1 or 2, wherein

the first insulation coating and the second insulation coating both contain the same main agent and the same curing agent, and

when an equivalent ratio of the curing agent to the main agent in the first insulation coating is a and an equivalent ratio of the curing agent to the main agent in the second insulation coating is b, a relative ratio expressed by a/b is 0.60 or more and 0.95 or less.

4. A laminated core formed by laminating two or more electrical steel sheets according to any one of claims 1 to 3.

5. A laminated core manufacturing method comprising:

a punching step of obtaining a plurality of electrical steel sheets according to any one of claims 1 to 3 by punching a material while intermittently conveying the material in a conveying direction; and

a laminating step of laminating each of the electrical steel sheets, wherein

the material includes:

the base steel sheet;

the first insulation coating formed on an upper surface of the base steel sheet; and

the second insulation coating formed on a lower surface of the base steel sheet,

the material is conveyed with the second insulation coating facing downward in the punching step, and

each electrical steel sheet is laminated so that the second insulation coating of the electrical steel sheet to be laminated later overlaps the first insulation coating of the electrical steel sheet laminated previously in the laminating step.