[CLAIMS]

1. An electrical steel sheet in which at least a part of either or both surfaces of a base steel sheet is coated with an insulation coating having an adhesive ability,

wherein a logarithmic decrement of the insulation coating in a temperature range of 25 to 100°C is 0.3 or less, wherein the logarithmic decrement is measured at a temperature rise rate of 10°C/sec by a rigid pendulum test using a rigid pendulum at the cylinder edge according to ISO 12013-2, and

wherein a difference between a peak temperature of the logarithmic decrement of the insulation coating and a curing start temperature is less than 80°C, and a difference between a logarithmic decrement of the peak temperature and a logarithmic decrement of the curing start temperature is 0.1 or more.

2. The electrical steel sheet according to claim 1,

wherein a logarithmic decrement of the insulation coating in a temperature range of 200 to 250°C is 0.9 or less.

3. An electrical steel sheet in which at least a part of either or both surfaces of a base steel sheet is coated with an insulation coating having an adhesive ability,

wherein a difference between a peak temperature of a logarithmic decrement of the insulation coating and a curing start temperature is less than 80°C, and a difference between a logarithmic decrement of the peak temperature and a logarithmic decrement of the curing start temperature is 0.1 or more, and

wherein the logarithmic decrement is measured at a temperature rise rate of 10°C/sec by a rigid pendulum test using a rigid pendulum at the cylinder edge according

to ISO 12013-2.

4. The electrical steel sheet according to claim 3,

wherein a logarithmic decrement of the insulation coating in a temperature range of 200 to 250°C is 0.9 or less.

5. An electrical steel sheet in which at least a part of either or both surfaces of a base steel sheet is coated with an insulation coating having an adhesive ability,

wherein a logarithmic decrement of the insulation coating in a temperature range of 200 to 250°C is 0.9 or less, and

wherein the logarithmic decrement is measured at a temperature rise rate of 10°C/sec by a rigid pendulum test using a rigid pendulum at the cylinder edge according to ISO 12013-2.

6. A laminated core in which a plurality of electrical steel sheets according to any one of claims 1 to 5 are laminated and adhered to each other.

7. A rotating electric machine comprising the laminated core according to claim 6.