

^{70}Ge $Z = 32$ $N = 38$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 610.519 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
70GE 1	0.000	0+			1 STABLE
70GE 2	1.040	2+			2 1.31 PS 2
70GE 3	1.216	0+			3 3.7 NS 2
70GE 4	1.708	2+			4 1.94 PS 28
70GE 5	2.153	4+			5 0.76 PS 14
70GE 6	2.157	2+			6
70GE 7				2.160	7
70GE 8	2.307	0+			8 40 PS LE
70GE 9	2.451	3+			9 1.7 PS +10-3
70GE 10	2.535	2+			10 0.6 PS 2
70GE 11			2.562 3-		11 0.50 PS 7
70GE 12	2.806	4+			12 0.6 PS 2
70GE 13	2.887	0+			13
70GE 14	2.945	2+			14
70GE 15	3.046	3+			15
70GE 16	3.059	4+			16 1.4 PS 3
70GE 17				3.106 (0+)	17
70GE 18				3.130	18
70GE 19	3.181	2+			19 0.015 PS 6
70GE 20	3.194	4+			20
70GE 21	3.240	1+			21
70GE 22				3.295 3+,4+	22
70GE 23	3.297	6+			23 0.5 PS 1
70GE 24				3.308	24
70GE 25			3.315 1-		25
70GE 26	3.335	0+ TO 3+			26
70GE 27				3.345	27
70GE 28				3.351	28
70GE 29				3.372 (3,4)	29 0.3 PS 2
70GE 30			3.416 5-		30 13.7 PS 10
70GE 31				3.423 (2+)	31
70GE 32			3.428 5-		32
70GE 33			3.432 3-		33
70GE 34	3.456	4+			34
70GE 35				3.466	35
70GE 36				3.482 1+,2+,3+	36
70GE 37				3.488 (3,4+)	37
70GE 38				3.517	38

70GE 39						3.540				39
70GE 40						3.563				40

70GE 41						3.570	(3)-			41
70GE 42		3.581	4+							42 0.6 PS 2
70GE 43						3.590				43
70GE 44						3.632	(2)+			44 0.5 PS 1
70GE 45		3.637	0+							45
70GE 46				3.667	6-					46 35 PS 3
70GE 47						3.669	(5+)			47 1 PS 1
70GE 48		3.676	4+							48
70GE 49		3.683	0+							49
70GE 50						3.687	1+,2+,3+			50

70GE 51						3.708				51
70GE 52						3.733	1+,2+,3+			52
70GE 53		3.740	0+							53
70GE 54		3.753	6+							54 1.6 PS 5
70GE 55				3.776	3-					55
70GE 56		3.782	2+							56
70GE 57						3.850				57
70GE 58						3.856	(2)-			58
70GE 59				3.870	3-					59
70GE 60						3.890	1+,2+,3+			60

70GE 61						3.895	1			61
70GE 62						3.901	(4-,5,6,7-)			62
70GE 63						3.904	+			63
70GE 64						3.911				64
70GE 65		3.928	4+							65
70GE 66						3.941				66
70GE 67				3.955	7-					67 17.0 PS 10
70GE 68						3.964	(2)-			68
70GE 69						3.976	1+,2+,3+			69
70GE 70						3.990				70

70GE 71						4.003				71
70GE 72		4.024	4+							72
70GE 73						4.037	(4+)			73
70GE 74						4.053				74
70GE 75						4.054				75
70GE 76						4.061	1+,2+,3+			76
70GE 77						4.080	1+,2+,3+			77
70GE 78		4.086	4+							78

S-alpha=		4.088 (0.001)								
70GE 79				4.096	3-					79
70GE 80						4.101	3-,4-			80

70GE 81		4.103	6+							81
70GE 82						4.119				82

70GE 83				4.131	2-				83
70GE 84				4.145	1-				84
70GE 85							4.155	1+,2+,3+	85
70GE 86							4.166		86
70GE 87		4.180	2+						87
70GE 88		4.203	8+						88 8 PS 2
70GE 89							4.212	3+,4+,5+	89
70GE 90		4.226	2+						90

70GE 91							4.238	1+,2+,3+	91
70GE 92							4.243		92
70GE 93		4.261	2+						93
70GE 94					4.268	5-			94
70GE 95							4.282	3+,4+,5+	95
70GE 96							4.287	1+,2+,3+	96
70GE 97					4.299	7-			97 3 PS 1
70GE 98							4.330		98
70GE 99							4.352	(2)-	99
70GE 100							4.357	1(-)	100

70GE 101							4.357	+	101
70GE 102							4.365	(3-)	102
70GE 103							4.378		103
70GE 104							4.391	1+,2+,3+	104
70GE 105		4.409	4+						105
70GE 106							4.419	2-,3-,4-	106
70GE 107		4.431	8+						107 0.4 PS 2
70GE 108					4.448	1-			108
70GE 109		4.448	2+						109
70GE 110		4.473	4+						110

70GE 111							4.520	2-,3-,4-	111
70GE 112					4.521	1-			112
70GE 113							4.534	(4+)	113
70GE 114		4.539	0+						114
70GE 115							4.546		115
70GE 116							4.552	(8)	116 104 PS +70-35
70GE 117							4.555		117
70GE 118							4.574		118
70GE 119							4.577	(3,4+)	119
70GE 120							4.606		120

70GE 121							4.613	1+,2+,3+	121
70GE 122							4.629	(4+)	122
70GE 123							4.642	(2)-	123
70GE 124							4.657		124
70GE 125							4.675	(3,4+)	125
70GE 126							4.687	(2)-	126
70GE 127							4.707		127
70GE 128							4.716	(2+)	128

70GE 129						4.727				129
70GE 130						4.736				130

70GE 131						4.768	(2)-			131
70GE 132						4.775	(4+)			132
70GE 133						4.791	1(-)			133
70GE 134				4.810	3-					134
70GE 135						4.820	(8+)			135
70GE 136						4.852	(8-)		3 PS	136 GT
70GE 137				4.877	2-					137
70GE 138						4.887	1			138
70GE 139				4.905	3-					139
70GE 140						4.908	(9-)			140

70GE 141						4.915				141
70GE 142				4.935	1-					142
70GE 143				4.940	3-					143
70GE 144						4.943	(2)-			144
70GE 145						4.979	(2)-			145
70GE 146						4.985				146
70GE 147				5.008	2-					147
70GE 148		5.024	2+							148
70GE 149						5.040	(3-)			149
70GE 150						5.048	(4-)			150

70GE 151		5.050	0+							151
70GE 152						5.078	1+,2+,3+			152
70GE 153						5.102	1+,2+,3+			153
70GE 154						5.113	(3-)			154
70GE 155				5.130	1-					155
70GE 156						5.145	(3-)			156
70GE 157		5.184	0+							157
70GE 158						5.195	(4+)			158
70GE 159						5.222				159
70GE 160						5.227	(3-)			160

70GE 161		5.243	10+							161
70GE 162						5.263	1(-)			162
70GE 163						5.266				163
70GE 164		5.290	0+							164
70GE 165						5.299	9(-)			165
70GE 166		5.338	0+							166
70GE 167						5.370				167
70GE 168		5.403	0+							168
70GE 169						5.410				169
70GE 170		5.436	8+							170

70GE 171						5.441	(2+)			171
70GE 172				5.465	1-					172
70GE 173		5.467	0+							173

70GE 174				5.512	1(-)	174		
70GE 175				5.540	(10)	175	5 NS	2
70GE 176				5.552	9(-)	176		
70GE 177				5.877	1(-)	177		
70GE 178				5.990	1(+)	178		
70GE 179				6.007		179		
70GE 180				6.160	(11-)	180		

70GE 181				6.297	1	181		
70GE 182				6.363	1	182		
70GE 183				6.549		183		
70GE 184				6.572	11(-)	184		
70GE 185				6.588	1(+)	185		
70GE 186				6.604		186		
70GE 187				6.637	1	187		
70GE 188				6.702	1(-)	188		
70GE 189	6.717	12+				189		
70GE 190				6.780	(12)	190		

70GE 191				6.786	(13-)	191		
70GE 192				7.306	1(+)	192		
70GE 193				7.426	1(-)	193		
70GE 194				7.620	(14)	194		
70GE 195				7.753	1(-)	195		
70GE 196	7.768	14+				196		
70GE 197				8.058	(15-)	197		
70GE 198				8.246	(16)	198		
70GE 199				8.284	1(+)	199		
S-p = 8.523 (0.001)	-----							
70GE 200				8.878	1	200		

70GE 201				9.424	(18)	201		
70GE 202				9.619	(17-)	202		
70GE 203				10.270	(20)	203		
70GE 204				11.336	(19-)	204		
S-n = 11.533 (0.002)	-----							
70GE 205				13.173	(21-)	205		

S-p = 8.523 (0.001)	-----							
S-n = 11.533 (0.002)	-----							
S-2p = 15.133 (0.001)	-----							
S-2n = 19.726 (0.002)	-----							
S-alpha = 4.088 (0.001)	-----							
S+p = -4.620 (0.004)								
S+n = -7.416 (0.001)								
S+2p = -11.884 (0.002)								
S+2n = -18.167 (0.001)								
S+alpha = -4.076 (0.001)								

gap p = 3.903 (0.005)
gap n = 4.117 (0.002)
gap 2p = 3.248 (0.002)
gap 2n = 1.559 (0.002)
gap alpha = 0.011 (0.001)