

$^{74}\text{Ge}$        $Z = 32$        $N = 42$       [link to full NNDC output](#)

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

BE = 645.665 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
74GE 1	0.000	0+			1 STABLE
74GE 2	0.596	2+			2 12.41 PS 9
74GE 3	1.204	2+			3 5.4 PS 8
74GE 4	1.464	4+			4 1.53 PS 10
74GE 5	1.483	0+			5 6 PS +15-3
74GE 6				1.697 (3)+	6
74GE 7				1.725 (0+)	7
74GE 8	1.913	0+			8
74GE 9				2.165 (1-)	9
74GE 10				2.165 (3,4)+	10
74GE 11	2.198	2+			11
74GE 12	2.228	0+			12
74GE 13				2.300	13
74GE 14				2.404 1	14 0.0004 EV 1
74GE 15				2.490	15
74GE 16			2.536 3-		16 0.24 PS +14-10
74GE 17				2.569 (6+)	17
74GE 18	2.572	4+			18
74GE 19				2.600 (1,2,3)+	19 0.31 PS +12-10
74GE 20	2.670	4+			20
74GE 21				2.691 1	21 0.0015 EV 3
74GE 22				2.694 (3,4+)	22 0.052 PS +24-16
74GE 23				2.697 (2+)	23
74GE 24				2.711 (4+)	24
74GE 25	2.751	0+			25
74GE 26	2.829	4+			26
74GE 27				2.833 (2+)	27 0.009 PS +4-3
74GE 28				2.836 (2+)	28
74GE 29				2.842 (3- & 5-)	29
74GE 30	2.856	0+			30
74GE 31				2.878 (5-)	31
74GE 32				2.925 (3,4+)	32
74GE 33			2.935 3-		33
74GE 34				2.937 (5-)	34
74GE 35	2.939	2+			35 0.26 PS +15-7
74GE 36				2.949 (3-)	36
74GE 37				2.961 (5-)	37
74GE 38				2.973 (3)	38

74GE 39		2.999	2+									39	
74GE 40		3.017	2+									40	
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74GE 41								3.033	1			41	0.0112 EV 6
74GE 42								3.034	(3,4+)			42	0.059 PS +10-7
74GE 43		3.049	4+									43	
74GE 44								3.060	(2+:6+)			44	
74GE 45								3.081	(3+)			45	0.21 PS +7-5
74GE 46								3.092	1(+)			46	0.0104 EV 11
74GE 47					3.105	5-						47	
74GE 48								3.118	3-,4-,5-,6-			48	
74GE 49								3.139				49	
74GE 50					3.140	3-						50	
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74GE 51					3.175	3-						51	0.097 PS +35-28
74GE 52		3.200	2+									52	0.024 PS +8-4
74GE 53								3.212				53	
74GE 54		3.225	4+									54	
74GE 55								3.242	LE 9+			55	
74GE 56								3.272	(2+)			56	
74GE 57								3.276	1			57	0.0013 EV 4
74GE 58								3.293	3-,4-,5-,6-			58	
74GE 59		3.316	4+									59	
74GE 60								3.343	(3-,4+)			60	
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74GE 61		3.356	0+									61	
74GE 62								3.359	(2+,3,4+)			62	
74GE 63					3.360	5-						63	
74GE 64								3.372	2+,3+,4+,5+,6+			64	
74GE 65					3.382	3-						65	
74GE 66		3.393	2+									66	
74GE 67								3.410	(3,4+)			67	
74GE 68								3.424	(2:6)			68	
74GE 69								3.436	(2:6)			69	
74GE 70								3.478	(2,3)+			70	
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74GE 71								3.501	4			71	
74GE 72								3.515	(3,4+)			72	
74GE 73								3.558	1(-)			73	0.050 EV 8
74GE 74								3.567	(2+,3,4+)			74	
74GE 75		3.579	2+									75	
74GE 76								3.603				76	
74GE 77		3.617	0+									77	
74GE 78								3.629	(6+)			78	
74GE 79								3.639				79	
74GE 80								3.642	(4+)			80	
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74GE 81					3.647	1-						81	
74GE 82		3.647	2+									82	
74GE 83		3.648	1+									83	0.028 EV 6

74GE 84				3.654	(4+,5+)	84	
74GE 85				3.681	(8+)	85	
74GE 86			3.683	5-		86	
74GE 87				3.685	(2:5+)	87	
74GE 88			3.692	3-		88	
74GE 89				3.697	(3,4)	89	
74GE 90				3.700	(0+)	90	
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74GE 91				3.707	(3,4,5)	91	
74GE 92				3.717	(1-,2+)	92	
74GE 93				3.721	(3,4+)	93	
74GE 94	3.733	4+				94	
74GE 95				3.743	(3-,4+)	95	
74GE 96	3.748	2+				96	
74GE 97				3.772	(2+,3,4+)	97	
74GE 98	3.778	0+				98	
74GE 99				3.783	(2+,3,4+)	99	
74GE 100				3.791	(3,4+)	100	
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74GE 101			3.807	3-		101	
74GE 102				3.807		102	
74GE 103				3.828	(1-:4+)	103	
74GE 104				3.832	(2+,3,4+)	104	
74GE 105				3.835	(2+,3,4+)	105	
74GE 106				3.853		106	
74GE 107				3.870	(6+,7-,8+)	107	
74GE 108	3.874	2+				108	
74GE 109	3.875	1+				109	0.099 EV 18
74GE 110			3.876	3-		110	
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74GE 111				3.890	(2+,3,4+)	111	
74GE 112				3.895	(2,3,4+)	112	
74GE 113				3.898	(2+:6+)	113	
74GE 114	3.916	0+				114	
74GE 115				3.933	(1+,2,3,4+)	115	
74GE 116				3.941	(2+,3-)	116	
74GE 117				3.950	(2+,3,4+)	117	
74GE 118			3.958	3-		118	
74GE 119				3.976	(2+)	119	
74GE 120				3.976	(2,3,4+)	120	
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74GE 121				3.995	(2+,3,4+)	121	
74GE 122				3.996	(2+)	122	
74GE 123			3.999	5-		123	
74GE 124				4.007	1	124	0.044 EV 6
74GE 125				4.008	(0+)	125	
74GE 126	4.023	2+				126	
74GE 127			4.024	5-		127	
74GE 128				4.030	(2+,3,4+)	128	
74GE 129				4.045		129	

74GE 130				4.065	(2:5)	130	
74GE 131				4.069	3-,4-,5-,6-	131	
74GE 132				4.083	(0+)	132	
74GE 133	4.085	1+				133	0.060 EV 8
74GE 134	4.085	4+				134	
74GE 135				4.093	(5-)	135	
74GE 136				4.119	3-,4-,5-,6-	136	
74GE 137				4.130	(7-,8+)	137	
74GE 138	4.138	2+				138	
74GE 139				4.144		139	
74GE 140				4.155		140	
74GE 141	4.164	2+				141	
74GE 142				4.172	1	142	
74GE 143			4.174	3-		143	
74GE 144				4.191		144	
74GE 145	4.202	2+				145	
74GE 146				4.203		146	
74GE 147				4.205	(2+:5-)	147	
74GE 148				4.217	(2+,3,4+)	148	
74GE 149				4.223	(2+,3+,4+)	149	
74GE 150			4.225	1-		150	0.090 EV 10
74GE 151				4.235	(3,4+)	151	
74GE 152				4.235	(2,3,4)+	152	
74GE 153	4.239	0+				153	
74GE 154				4.273	(0+)	154	
74GE 155				4.276		155	
74GE 156	4.290	2+				156	
74GE 157				4.306	1	157	0.047 EV 7
74GE 158	4.320	4+				158	
74GE 159				4.340	(2+)	159	
74GE 160				4.343	1	160	
74GE 161				4.344		161	
74GE 162	4.353	4+				162	
74GE 163				4.367	(1-:5-)	163	
74GE 164				4.368	(2+)	164	
74GE 165	4.387	2+				165	
74GE 166				4.409	(4+)	166	
74GE 167	4.414	2+				167	
74GE 168				4.440	(2,3,4)	168	
74GE 169				4.442	(2+,3,4+)	169	
74GE 170				4.477	(0+:4+)	170	
74GE 171	4.493	4+				171	
74GE 172				4.528	(2+)	172	
74GE 173	4.535	0+				173	
74GE 174	4.538	2+				174	

74GE 175				4.544	4+,5+	175		
74GE 176	4.586	4+				176		
74GE 177	4.591	2+				177		
74GE 178				4.594	3-,4-,5-,6-	178		
74GE 179				4.611	(2-,3-,4-)	179		
74GE 180				4.630	(2+)	180		
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74GE 181	4.664	4+				181		
74GE 182				4.685	(0+)	182		
74GE 183				4.698	(2-,3-,4-)	183		
74GE 184				4.731	4+,5+	184		
74GE 185				4.767	(0+,1-)	185		
74GE 186				4.824	4+,5+	186		
74GE 187				4.841	(2+)	187		
74GE 188				4.853	(0+,2+)	188		
74GE 189				4.874		189		
74GE 190				4.920	(2+)	190		
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74GE 191				4.951	(2+)	191		
74GE 192				4.973	(2+)	192		
74GE 193				4.981		193		
74GE 194				5.021	(2+)	194		
74GE 195				5.062	4+,5+	195		
74GE 196				5.108		196		
74GE 197				5.131	(2:6)	197		
74GE 198				5.147	4+,5+	198		
74GE 199				5.288		199		
74GE 200				5.323	4+,5+	200		
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74GE 201				5.352		201		
74GE 202			5.435	1-		202	0.40 EV	3
74GE 203				5.436		203		
74GE 204				5.485	1	204	0.075 EV	11
74GE 205				5.493	1	205	0.087 EV	17
74GE 206				5.510		206		
74GE 207				5.515	1	207	0.23 EV	4
74GE 208				5.580	(0+)	208		
74GE 209				5.617		209		
74GE 210				5.717		210		
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74GE 211				5.744	1	211	0.110 EV	13
74GE 212				5.759		212		
74GE 213				5.767	1(+)	213	0.167 EV	26
74GE 214				5.787		214		
74GE 215				5.850		215		
74GE 216				5.927		216		
74GE 217				5.934		217		
74GE 218			6.017	1-		218	0.120 EV	15
74GE 219				6.190		219		
74GE 220				6.200	(6+,8+)	220		

S-alpha= 6.283 ( 0.002)							
74GE 221				6.330	(4+,5+)	221	
74GE 222				6.445	1	222	0.39 EV 11
74GE 223		6.478	1-			223	0.226 EV 21
74GE 224				6.530		224	
74GE 225		6.650	1-			225	0.92 EV 7
74GE 226		6.661	1-			226	0.337 EV 20
74GE 227				6.680		227	
74GE 228		6.733	1+			228	0.29 EV 3
74GE 229				6.862		229	
74GE 230		6.943	1-			230	0.35 EV 3
74GE 231				6.993		231	
74GE 232		7.151	1-			232	0.58 EV 9
74GE 233				7.173		233	
74GE 234		7.265	1-			234	0.81 EV 3
74GE 235				7.276		235	
74GE 236				7.359		236	
74GE 237				7.380	1	237	0.25 EV 4
74GE 238				7.445	1	238	
74GE 239				7.494		239	
74GE 240				7.507	1(-)	240	0.40 EV 3
74GE 241		7.551	1-			241	0.80 EV 11
74GE 242				7.579		242	
74GE 243				7.616	1	243	
74GE 244				7.622		244	
74GE 245		7.652	1-			245	1.51 EV 12
74GE 246				7.702		246	
74GE 247				7.882		247	
74GE 248				7.981		248	
74GE 249				8.219	1	249	0.36 EV 5
74GE 250				8.250	1	250	0.33 EV 8
74GE 251				8.361	1	251	0.88 EV 18
74GE 252				8.376		252	
74GE 253				8.440		253	
74GE 254				8.560		254	
74GE 255				8.873		255	
74GE 256				8.928		256	
74GE 257				9.004		257	
74GE 258				9.134		258	
74GE 259				9.458		259	

S-p = 11.012 ( 0.002)  
S-n = 10.196 ( 0.000)  
S-2p = 19.855 ( 0.002)  
S-2n = 16.979 ( 0.000)

S-alpha= 6.283 ( 0.002)-----

S+p = -6.901 ( 0.001)

S+n = -6.506 ( 0.000)

S+2p = -16.407 ( 0.000)

S+2n = -15.933 ( 0.000)

S+alpha = -6.028 ( 0.000)

gap p = 4.111 ( 0.002)

gap n = 3.690 ( 0.000)

gap 2p = 3.447 ( 0.002)

gap 2n = 1.046 ( 0.000)

gap alpha = 0.254 ( 0.002)