

^{69}As $Z = 33$ $N = 36$ [link to full NNDC output](#)

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

BE = 594.216 (0.032) MeV

Qbeta+ = 3.988 (0.032) MeV

	Energy T	J+	J-	J-other	T1/2
69AS 1			0.000	5/2-	1 15.2 M 2
69AS 2			0.098	3/2-	2 2 NS LT
69AS 3				0.165	1/2-,3/2- 3
69AS 4				0.497	4
69AS 5				0.760	5
69AS 6				0.789	1/2-,3/2- 6
69AS 7			0.863	7/2-	7 5.5 PS 21
69AS 8				0.933	8
69AS 9				1.076	9
69AS 10			1.216	7/2-	10
69AS 11	1.306	9/2+			11 1.35 NS 4
69AS 12				1.410	12
69AS 13			1.470	9/2-	13
69AS 14				1.534	(5/2+) 14
69AS 15				1.679	15
69AS 16				1.691	16
69AS 17				1.744	17
69AS 18				1.865	18
69AS 19			1.988	7/2-	19
69AS 20				2.002	20
69AS 21				2.119	21
69AS 22				2.151	22
69AS 23	2.160	13/2+			23 1.04 PS 21
69AS 24				2.169	9/2(+) 24
69AS 25				2.184	25
69AS 26			2.200	11/2-	26
69AS 27	2.212	11/2+			27 1.4 PS LT
69AS 28			2.311	9/2-	28
69AS 29				2.347	29
69AS 30				2.409	30
69AS 31				2.422	31
69AS 32				2.533	32
69AS 33			2.628	11/2-	33
69AS 34			2.777	13/2-	34
69AS 35	2.808	13/2+			35
69AS 36				2.873	36
S-alpha=	2.880 (0.032)				

69AS 37						2.930				37	
69AS 38						3.031				38	
69AS 39				3.045		13/2-				39	
69AS 40						3.144				40	

69AS 41						3.220				41	
69AS 42		3.257		17/2+						42 4.2 PS LT	
69AS 43		3.263		15/2+						43 1.4 PS LT	
69AS 44						3.302				44	
69AS 45						3.346				45	
69AS 46						3.355				46	
69AS 47						3.395				47	
69AS 48				3.419		15/2-				48	
S-p =	3.422	(0.032)	-----								
69AS 49						3.469				49	
69AS 50		3.507		15/2+						50	

69AS 51						3.561				51	
69AS 52						3.651				52	
69AS 53		3.661		17/2+						53	
69AS 54		3.840		17/2+						54	
69AS 55						3.845		17/2-		55	
69AS 56						3.948		15/2-		56	
69AS 57								4.000		57	
69AS 58		4.148		17/2+						58	
69AS 59								4.206		59	
69AS 60								4.306	(19/2+)	60	

69AS 61						4.356		19/2-		61	
69AS 62		4.461		21/2+						62 5.4 PS 7	
69AS 63						4.489		19/2-		63	
69AS 64						4.554		19/2-		64	
69AS 65						4.653		21/2-		65	
69AS 66								4.713		66	
69AS 67						4.847		21/2-		67	
69AS 68								4.880		68	
69AS 69		4.930		21/2+						69	
69AS 70								5.150		70	

69AS 71								5.152		71	
69AS 72								5.171		72	
69AS 73		5.193		25/2+						73 6.9 PS 9	
69AS 74						5.246		23/2-		74	
69AS 75						5.452		23/2-		75	
69AS 76								5.477		76	
69AS 77								5.680		77	
69AS 78		5.711		23/2+						78	
69AS 79						5.918		25/2-		79	
69AS 80		5.941		25/2+						80	

69AS 81				6.089	25/2-			81
69AS 82		6.360	29/2+					82
69AS 83		6.369	29/2+					83
69AS 84				6.572	27/2-			84
69AS 85				6.742	27/2-			85
69AS 86		6.847	25/2+					86
69AS 87		7.447	27/2+					87
69AS 88				7.449	29/2-			88
69AS 89				7.520	29/2-			89
69AS 90				7.615	29/2-			90

69AS 91		7.627	29/2+					91
69AS 92		7.690	27/2+					92
69AS 93		7.717	33/2+					93
69AS 94		7.897	33/2+					94
69AS 95				8.143	31/2-			95
69AS 96				8.186	31/2-			96
69AS 97		8.382	29/2+					97
69AS 98						8.455	(29/2+)	98
69AS 99				8.642	33/2-			99
69AS 100						9.095	(33/2-)	100

69AS 101				9.393	35/2-			101
69AS 102		9.472	37/2+					102
69AS 103				9.739	35/2-			103
69AS 104		9.819	37/2+					104
69AS 105				9.986	37/2-			105
69AS 106						10.097	(33/2+)	106
69AS 107						10.796	(37/2-)	107

S-2p	=	10.811	(0.032)	-----				
69AS 108				11.180	39/2-			108
69AS 109				11.435	39/2-			109
69AS 110				11.552	41/2-			110

69AS 111		11.977	41/2+					111
S-n	=	12.289	(0.032)	-----				
69AS 112						12.677	(41/2-)	112
69AS 113						13.325	(43/2-)	113
69AS 114				13.546	45/2-			114
69AS 115						13.872	(45/2+)	115
69AS 116						14.567	(45/2+)	116
69AS 117						15.765	(49/2+)	117
69AS 118						16.006	(49/2-)	118
69AS 119						18.181	(53/2+)	119

S-p	=	3.422	(0.032)	-----				
S-n	=	12.289	(0.032)	-----				
S-2p	=	10.811	(0.032)	-----				
S-2n	=	22.668	(0.032)	-----				

S-alpha= 2.880 (0.032)-----

S+p = -6.107 (0.032)

S+n = -9.301 (0.059)

S+2p = -7.968 (0.032)

S+2n = -20.923 (0.032)

S+alpha = -2.960 (0.033)

gap p = -2.684 (0.045)

gap n = 2.988 (0.067)

gap 2p = 2.843 (0.046)

gap 2n = 1.744 (0.045)

gap alpha = -0.081 (0.046)