

^{69}As $Z = 33$ $N = 36$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

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

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 = -9.293 (0.032)
S+2p = -7.968 (0.032)
S+2n = -20.924 (0.032)
S+alpha = -2.958 (0.033)

gap p = -2.684 (0.045)
gap n = 2.996 (0.045)
gap 2p = 2.843 (0.046)
gap 2n = 1.744 (0.045)
gap alpha = -0.079 (0.046)