

$^{70}\text{As}$        $Z = 33$        $N = 37$       [link to full NNDC output](#)

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

BE = 603.517 ( 0.050) MeV

Qbeta+ = 6.220 ( 0.050) MeV

	Energy T	J+	J-	J-other	T1/2
70AS 1	0.000	4+			1 52.6 M 3
70AS 2	0.032	2+			2 96 US 3
70AS 3	0.082	1+			3 3 NS LT
70AS 4	0.167	3+			4 6.0 NS 5
70AS 5				0.168 (2)+	5 3 NS LT
70AS 6	0.235	1+			6 1 NS LT
70AS 7	0.326	2+			7
70AS 8	0.329	1+			8
70AS 9				0.345 (0)+	9 1 NS LT
70AS 10			0.383 2-		10 1 NS LT
70AS 11	0.390	3+			11 1 NS LT
70AS 12				0.425 (0)+	12
70AS 13	0.458	1+			13
70AS 14			0.485 4-		14 4.1 NS 4
70AS 15	0.509	3+			15
70AS 16	0.540	2+			16
70AS 17				0.567 5(-)	17 2 NS LT
70AS 18	0.572	2+			18
70AS 19	0.582	1+			19
70AS 20				0.593 1+,2+	20
70AS 21	0.625	4+			21
70AS 22	0.642	3+			22
70AS 23				0.684 (0)	23
70AS 24				0.688 (3+,4+)	24
70AS 25			0.699 3-		25
70AS 26				0.722 (3)	26
70AS 27			0.772 3-		27
70AS 28				0.779 (4-)	28
70AS 29				0.815 (3)	29
70AS 30				0.869 6(-)	30
70AS 31				0.888 7(-)	31 4.5 NS 3
70AS 32	0.890	1+			32 5.5 NS 10
70AS 33				0.898 (5)	33
70AS 34				0.928 (2,1)	34
70AS 35				0.933	35
70AS 36			0.939 4-		36
70AS 37				0.939 (2,1)	37

70AS 38				0.950	(0)	38				
70AS 39				0.967	(5)	39				
70AS 40				0.988	(0,3)	40				
-----										
70AS 41				1.004	1,2	41				
70AS 42				1.026	(1-,2)	42				
70AS 43				1.046	6(-)	43				
70AS 44				1.046	(1,2)	44				
70AS 45				1.115	(1,2)	45				
70AS 46		1.454	6+			46				
70AS 47				1.496	7(-)	47				
70AS 48		1.651	1+			48				
70AS 49				1.676	8(+)	49	55 PS	20		
70AS 50				1.726		50				
-----										
70AS 51				1.752	9(+)	51	59 PS	30		
70AS 52				1.765		52				
70AS 53				1.807	7(-)	53				
70AS 54				1.809		54				
70AS 55				1.983	8(-)	55				
70AS 56				2.282	9(-)	56				
70AS 57				2.379	9(+)	57				
70AS 58				2.467	9(+)	58				
70AS 59				2.579	9(-)	59				
70AS 60				2.580	10(+)	60	0.53 PS	4		
-----										
70AS 61				2.691	9(+)	61				
70AS 62				2.733	11(+)	62	0.527 PS	14		
70AS 63				2.873	10(+)	63				
S-alpha=	3.043	(	0.050)	-----						
70AS 64				3.272	11(+)	64				
70AS 65				3.301	10(-)	65				
70AS 66				3.694	10(+)	66				
70AS 67				3.772	11(-)	67				
70AS 68				3.792	12(+)	68	0.31 PS	LT		
70AS 69				4.076	13(+)	69	0.069 PS	7		
70AS 70				4.114	(11-)	70				
-----										
70AS 71				4.207	12(-)	71	0.76 PS	LT		
S-p	=	4.530	(	0.050)	-----					
70AS 72				4.604	13(-)	72				
70AS 73				4.819	14(-)	73	2.2 PS	LT		
70AS 74				5.365	14(-)	74				
70AS 75				5.458	(15+)	75	0.18 PS	LT		
70AS 76				5.498	15(-)	76				
70AS 77				5.884	15(-)	77				
70AS 78				6.247	(16-)	78				
-----										
S-p	=	4.530	(	0.050)	-----					

S-n = 9.301 ( 0.059)-----  
S-2p = 11.834 ( 0.050)-----  
S-2n = 21.590 ( 0.050)-----  
S-alpha= 3.043 ( 0.050)-----

S+p = -6.094 ( 0.050)  
S+n = -11.622 ( 0.050)  
S+2p = -9.298 ( 0.050)  
S+2n = -20.031 ( 0.050)  
S+alpha = -3.371 ( 0.050)

gap p = -1.563 ( 0.071)  
gap n = -2.322 ( 0.078)  
gap 2p = 2.536 ( 0.071)  
gap 2n = 1.559 ( 0.071)  
gap alpha = -0.328 ( 0.071)