

^{74}As $Z = 33$ $N = 41$ [link to full NNDC output](#)

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

BE = 642.320 (0.002) MeV
 Qbeta- = 1.353 (0.002) MeV
 Qbeta+ = 2.562 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2

74AS	1		0.000	2-	1 17.77 D 2
74AS	2			0.173 (1)-	2
74AS	3			0.183 (3)-	3 0.6 NS LE
74AS	4			0.202 (2)-	4
74AS	5			0.207 (1)+	5
74AS	6			0.259 (4)+	6 26.8 NS 5
74AS	7			0.267 (3)-	7
74AS	8			0.272 (4)-	8 1.0 NS 1
74AS	9			0.278 (3)+	9 0.3 NS LT
74AS	10			0.315 (5)	10 0.5 NS LT

74AS	11			0.332 (4)-	11
74AS	12			0.335 (5-)	12 0.5 NS LT
74AS	13			0.373 (4)-	13
74AS	14			0.385 (2)-	14
74AS	15			0.422 (1)+	15
74AS	16			0.426 (2)+	16 0.3 NS LT
74AS	17			0.447 (2)+	17
74AS	18			0.448 (3)-	18
74AS	19			0.465 (0)+	19
74AS	20			0.507 (3,4)-	20

74AS	21			0.514 (1)+	21
74AS	22			0.516 (6)	22
74AS	23			0.527 (4-)	23
74AS	24			0.534 (4)-	24
74AS	25			0.547 (6)-	25
74AS	26			0.552 (2)+	26
74AS	27			0.586 (2)+	27
74AS	28			0.596 (7)	28
74AS	29			0.617 (3)-	29
74AS	30			0.626 (1)-	30

74AS	31			0.633 (2)+	31
74AS	32			0.650 (1)-	32
74AS	33			0.674 (4+,5+)	33
74AS	34			0.683 (6)-	34
74AS	35			0.687 (3,4)+	35
74AS	36			0.700 (7)	36

74AS 37				0.701	(1)+	37
74AS 38				0.716		38
74AS 39				0.716	(2)-	39
74AS 40				0.720		40

74AS 41				0.732	(2)+	41
74AS 42				0.734	(4,5)	42
74AS 43				0.743	(1)-	43
74AS 44				0.747	(3)+	44
74AS 45				0.753	(1)+	45
74AS 46				0.755	(2)+	46
74AS 47				0.757		47
74AS 48				0.759	(2)-	48
74AS 49				0.776	(3:6)-	49
74AS 50				0.779	(2)	50

74AS 51				0.782	(3)+	51
74AS 52				0.784	(3,4)+	52
74AS 53				0.795	(3,4)	53
74AS 54				0.799	(3)	54
74AS 55				0.802	(2+)	55
74AS 56				0.820		56
74AS 57				0.823	(1)+	57
74AS 58				0.831	(3:6)-	58
74AS 59				0.836	(2+,3+)	59
74AS 60				0.838	(3)	60

74AS 61				0.845	(LE 3)+	61
74AS 62				0.883		62
74AS 63				0.895	(LE 3)+	63
74AS 64				0.903	(3,4)-	64
74AS 65				0.922		65
74AS 66				0.955	(1:8)-	66
74AS 67				0.958	(+)	67
74AS 68				1.007	(3:6)-	68
74AS 69				1.021	(LE 3)+	69
74AS 70				1.052		70

74AS 71				1.099		71
74AS 72				1.112	(9)+	72
74AS 73				1.129	(LE 4)	73
74AS 74				1.159		74
74AS 75				1.174		75
74AS 76				1.207		76
74AS 77				1.230		77
74AS 78				1.265		78
74AS 79				1.300	(LE 3)+	79
74AS 80				1.332		80

74AS 81				1.372	(1,2,3)+	81

74AS	82				1.400		82
74AS	83				1.431	(LE 3)+	83
74AS	84				1.471	(3:6)-	84
74AS	85				1.530	(3:6)-	85
74AS	86				1.627	(1:8)-	86
74AS	87				1.676		87
74AS	88				1.755	(1:8)-	88
74AS	89				1.875	(LE 3)+	89
74AS	90				1.913		90

74AS	91				2.061	(LE 3)+	91
74AS	92				2.108	(9)+	92
74AS	93				2.194	(1:8)-	93
74AS	94				2.720		94

S-p = 6.852 (0.002)-----
S-n = 7.979 (0.004)-----
S-2p = 16.850 (0.002)-----
S-2n = 18.773 (0.004)-----
S-alpha= 4.375 (0.002)-----

S+p = -8.598 (0.002)
S+n = -10.245 (0.002)
S+2p = -14.007 (0.010)
S+2n = -17.574 (0.002)
S+alpha = -5.017 (0.004)

gap p = -1.747 (0.002)
gap n = -2.267 (0.005)
gap 2p = 2.843 (0.010)
gap 2n = 1.199 (0.005)
gap alpha = -0.642 (0.004)