

^{76}As $Z = 33$ $N = 43$ adopted link ENSDF link

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

BE = 659.894 (0.001) MeV
 Qbeta- = 2.961 (0.001) MeV
 Qbeta+ = 0.922 (0.001) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|---------|----------|----|-------|-----------------|-------------|
| 76AS 1 | | | 0.000 | 2- | 1 26.24 H 9 |
| 76AS 2 | | | | 0.044 (1)+ | 2 1.84 US 6 |
| 76AS 3 | | | | 0.087 (1)+ | 3 |
| 76AS 4 | | | | 0.120 (1)+ | 4 |
| 76AS 5 | | | | 0.122 (1)- | 5 |
| 76AS 6 | | | | 0.165 (3)- | 6 |
| 76AS 7 | | | | 0.204 (0,1)+ | 7 |
| 76AS 8 | | | | 0.211 (4)- | 8 |
| 76AS 9 | | | | 0.265 (1,2)+ | 9 |
| 76AS 10 | | | | 0.280 (1,2)+ | 10 |
| 76AS 11 | | | | 0.286 (3,4)- | 11 |
| 76AS 12 | | | | 0.293 (2,3,4)- | 12 |
| 76AS 13 | | | | 0.300 (2,3) | 13 |
| 76AS 14 | | | | 0.308 (2)+ | 14 |
| 76AS 15 | | | | 0.328 (3,4)- | 15 |
| 76AS 16 | | | | 0.352 (3)- | 16 |
| 76AS 17 | | | | 0.364 (1-,2-) | 17 |
| 76AS 18 | | | | 0.366 (2 T0 5) | 18 |
| 76AS 19 | | | | 0.377 (2,3,4)- | 19 |
| 76AS 20 | | | | 0.402 (1,2)+ | 20 |
| 76AS 21 | | | | 0.437 (1,2,3)- | 21 |
| 76AS 22 | | | | 0.447 (1,2)+ | 22 |
| 76AS 23 | | | | 0.457 (2-,3) | 23 |
| 76AS 24 | | | | 0.460 | 24 |
| 76AS 25 | | | | 0.471 (2)- | 25 |
| 76AS 26 | | | | 0.479 (2 T0 5)- | 26 |
| 76AS 27 | | | | 0.500 (1+,2+) | 27 |
| 76AS 28 | | | | 0.505 (2,3)+ | 28 |
| 76AS 29 | | | | 0.509 (2 T0 6)- | 29 |
| 76AS 30 | | | | 0.518 (1+,2+) | 30 |
| 76AS 31 | | | | 0.520 (1-,2,3+) | 31 |
| 76AS 32 | | | | 0.544 (2,3)- | 32 |
| 76AS 33 | | | | 0.550 (1-,2-) | 33 |
| 76AS 34 | | | | 0.553 (1,2,3) | 34 |
| 76AS 35 | | | | 0.600 (LE 3) | 35 |
| 76AS 36 | | | | 0.610 (1,2,3+) | 36 |

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|---------|--|--|--|-------|------------|----|
| 76AS 37 | | | | 0.625 | (LE 4) | 37 |
| 76AS 38 | | | | 0.629 | (1,2,3-) | 38 |
| 76AS 39 | | | | 0.637 | (1+,2+) | 39 |
| 76AS 40 | | | | 0.640 | (1-,2-) | 40 |
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| 76AS 41 | | | | 0.669 | (1+,2+) | 41 |
| 76AS 42 | | | | 0.681 | (LE 4) | 42 |
| 76AS 43 | | | | 0.686 | (1 TO 4) | 43 |
| 76AS 44 | | | | 0.703 | (1 TO 4) | 44 |
| 76AS 45 | | | | 0.708 | (LE 3) | 45 |
| 76AS 46 | | | | 0.716 | (1,2,3)+ | 46 |
| 76AS 47 | | | | 0.728 | (LE 3) | 47 |
| 76AS 48 | | | | 0.734 | (LE 4)- | 48 |
| 76AS 49 | | | | 0.741 | (LE 3) | 49 |
| 76AS 50 | | | | 0.743 | (LE 4) | 50 |
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| 76AS 51 | | | | 0.745 | (1+,2+) | 51 |
| 76AS 52 | | | | 0.752 | (0-,1,2) | 52 |
| 76AS 53 | | | | 0.757 | (0+,3+) | 53 |
| 76AS 54 | | | | 0.774 | (1,2,3)+ | 54 |
| 76AS 55 | | | | 0.786 | (LE 3) | 55 |
| 76AS 56 | | | | 0.794 | (1,2,3)+ | 56 |
| 76AS 57 | | | | 0.802 | (1-,2-,3+) | 57 |
| 76AS 58 | | | | 0.863 | (1,2,3)+ | 58 |
| 76AS 59 | | | | 0.894 | (1-,2-,3+) | 59 |
| 76AS 60 | | | | 0.909 | (1,2)+ | 60 |
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| 76AS 61 | | | | 0.925 | (LE 3-) | 61 |
| 76AS 62 | | | | 0.935 | (LE 3) | 62 |
| 76AS 63 | | | | 0.940 | (1,2,3) | 63 |
| 76AS 64 | | | | 0.948 | (LE 3) | 64 |
| 76AS 65 | | | | 0.958 | (LE 3) | 65 |
| 76AS 66 | | | | 0.964 | (LE 3) | 66 |
| 76AS 67 | | | | 0.971 | (LE 3) | 67 |
| 76AS 68 | | | | 0.986 | (1,2,3)+ | 68 |
| 76AS 69 | | | | 1.014 | (LE 3) | 69 |
| 76AS 70 | | | | 1.023 | (1+,2+) | 70 |
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| 76AS 71 | | | | 1.026 | (1+,2+) | 71 |
| 76AS 72 | | | | 1.034 | (1,2,3)+ | 72 |
| 76AS 73 | | | | 1.064 | (1+,2+) | 73 |
| 76AS 74 | | | | 1.090 | (LE 3) | 74 |
| 76AS 75 | | | | 1.097 | (LE 3) | 75 |
| 76AS 76 | | | | 1.105 | (LE 3) | 76 |
| 76AS 77 | | | | 1.125 | (LE 3) | 77 |
| 76AS 78 | | | | 1.148 | (LE 3) | 78 |
| 76AS 79 | | | | 1.157 | (LE 3-) | 79 |
| 76AS 80 | | | | 1.186 | (LE 3) | 80 |
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| 76AS 81 | | | | 1.202 | (LE 3) | 81 |

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| 76AS 82 | | | 1.230 | | 82 |
| 76AS 83 | | | 1.245 | (LE 3) | 83 |
| 76AS 84 | | | 1.260 | (LE 3) | 84 |
| 76AS 85 | | | 1.269 | (LE 3-) | 85 |
| 76AS 86 | | | 1.301 | (LE 3) | 86 |
| 76AS 87 | | | 1.309 | (LE 3) | 87 |
| 76AS 88 | | | 1.315 | (LE 3) | 88 |
| 76AS 89 | | | 1.322 | (LE 3) | 89 |
| 76AS 90 | | | 1.342 | (LE 3) | 90 |
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| 76AS 91 | | | 1.352 | (LE 3) | 91 |
| 76AS 92 | | | 1.358 | (LE 3) | 92 |
| 76AS 93 | | | 1.369 | (LE 3) | 93 |
| 76AS 94 | | | 1.386 | (LE 3) | 94 |
| 76AS 95 | | | 1.397 | (LE 3) | 95 |
| 76AS 96 | | | 1.404 | (LE 3) | 96 |
| 76AS 97 | | | 1.422 | (LE 3) | 97 |
| 76AS 98 | | | 1.444 | (LE 3) | 98 |
| 76AS 99 | | | 1.451 | (LE 3) | 99 |
| 76AS 100 | | | 1.459 | (LE 3) | 100 |
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| 76AS 101 | | | 1.474 | (LE 3) | 101 |
| 76AS 102 | | | 1.478 | (LE 3) | 102 |
| 76AS 103 | | | 1.494 | (LE 3) | 103 |
| 76AS 104 | | | 1.499 | (LE 3) | 104 |
| 76AS 105 | | | 1.512 | (LE 3) | 105 |
| 76AS 106 | | | 1.520 | (LE 3) | 106 |
| 76AS 107 | | | 1.525 | (LE 3) | 107 |
| 76AS 108 | | | 1.542 | (LE 3) | 108 |
| 76AS 109 | | | 1.550 | (LE 3) | 109 |
| 76AS 110 | | | 1.571 | (LE 3) | 110 |
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| 76AS 111 | | | 1.584 | (LE 3) | 111 |
| 76AS 112 | | | 1.598 | (LE 3) | 112 |
| 76AS 113 | | | 1.605 | (LE 3) | 113 |
| 76AS 114 | | | 1.631 | (LE 3) | 114 |
| 76AS 115 | | | 1.638 | (LE 3) | 115 |
| 76AS 116 | | | 1.644 | (LE 3) | 116 |
| 76AS 117 | | | 1.653 | (LE 3) | 117 |
| 76AS 118 | | | 1.665 | (LE 3) | 118 |
| 76AS 119 | | | 1.673 | (LE 3) | 119 |
| 76AS 120 | | | 1.683 | (LE 3) | 120 |
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| 76AS 121 | | | 1.695 | (LE 3) | 121 |
| 76AS 122 | | | 1.699 | (LE 3) | 122 |
| 76AS 123 | | | 1.704 | (LE 3) | 123 |
| 76AS 124 | | | 1.714 | (LE 3) | 124 |
| 76AS 125 | | | 1.716 | (LE 3) | 125 |
| 76AS 126 | | | 1.727 | (LE 3) | 126 |
| 76AS 127 | | | 1.748 | (LE 3) | 127 |

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| 76AS 128 | | | | 1.760 | (LE 3) | 128 |
| 76AS 129 | | | | 1.783 | (LE 3) | 129 |
| 76AS 130 | | | | 1.788 | (LE 3) | 130 |
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| 76AS 131 | | | | 1.795 | (LE 3) | 131 |
| 76AS 132 | | | | 1.802 | (LE 3) | 132 |
| 76AS 133 | | | | 1.821 | | 133 |
| 76AS 134 | | | | 1.830 | | 134 |
| 76AS 135 | | | | 1.849 | | 135 |
| 76AS 136 | | | | 1.872 | (1-,2-) | 136 |
| 76AS 137 | | | | 1.885 | (1-,2-) | 137 |
| 76AS 138 | | | | 1.928 | | 138 |
| 76AS 139 | | | | 1.960 | | 139 |
| 76AS 140 | | | | 1.988 | | 140 |
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| 76AS 141 | | | | 2.004 | | 141 |
| 76AS 142 | | | | 2.032 | | 142 |
| 76AS 143 | | | | 2.067 | | 143 |
| 76AS 144 | | | | 2.114 | | 144 |
| 76AS 145 | | | | 2.136 | | 145 |
| 76AS 146 | | | | 2.147 | | 146 |
| 76AS 147 | | | | 2.206 | | 147 |
| 76AS 148 | | | | 2.239 | | 148 |
| 76AS 149 | | | | 2.272 | | 149 |
| 76AS 150 | | | | 2.306 | | 150 |
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| 76AS 151 | | | | 2.338 | | 151 |
| 76AS 152 | | | | 2.366 | | 152 |
| 76AS 153 | | | | 2.392 | | 153 |
| 76AS 154 | | | | 2.419 | | 154 |
| 76AS 155 | | | | 2.446 | | 155 |
| 76AS 156 | | | | 2.485 | | 156 |
| 76AS 157 | | | | 2.505 | | 157 |

S-p = 7.723 (0.001)-----
S-n = 7.328 (0.001)-----
S-2p = 18.820 (0.003)-----
S-2n = 17.574 (0.002)-----
S-alpha= 6.128 (0.001)-----

S+p = -9.597 (0.001)
S+n = -9.696 (0.002)
S+2p = -15.739 (0.004)
S+2n = -16.668 (0.010)
S+alpha = -6.023 (0.001)

gap p = -1.874 (0.001)
gap n = -2.368 (0.002)
gap 2p = 3.081 (0.005)

gap 2n = 0.906 (0.010)
gap alpha = 0.105 (0.002)