

^{76}As $Z = 33$ $N = 43$ [link to full NNDC output](#)

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

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

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

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

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

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

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

76AS 81				1.202	(LE 3)	81

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

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

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

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

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

76AS 128				1.760	(LE 3)	128
76AS 129				1.783	(LE 3)	129
76AS 130				1.788	(LE 3)	130

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

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

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)