

$^{64}\text{Se}$        $Z = 34$        $N = 30$       [link to full NNDC output](#)

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

BE      =      0.000 ( 0.000) MeV

|       | Energy | T     | J+ | J- | J-other | T1/2        |
|-------|--------|-------|----|----|---------|-------------|
| ----- |        |       |    |    |         |             |
| 64SE  | 1      | 0.000 | 0+ |    |         | 1 180 NS GT |