

^{68}Se $Z = 34$ $N = 34$ [link to full NNDC output](#)

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

BE = 576.439 (0.000) MeV

Qbeta+ = 4.705 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2
68SE 1	0.000	0+			1 35.5 S 7
68SE 2	0.854	2+			2 2.8 PS 4
68SE 3				1.197 (2+)	3
68SE 4	1.594	2+			4
68SE 5	1.942	4+			5
S-alpha=	2.299 (0.004)				
68SE 6				2.433	6
68SE 7	2.545	4+			7
68SE 8				2.766 (6+)	8
68SE 9				3.073	9
68SE 10	3.304	6+			10
68SE 11				3.571 (5-)	11
68SE 12	3.706	6+			12
68SE 13				4.199 (7-)	13
68SE 14	4.752	8+			14
68SE 15	4.871	8+			15
S-p =	4.891 (0.001)				
68SE 16	5.960	10+			16
68SE 17	6.604	10+			17
S-2p =	7.160 (0.002)				
68SE 18	7.332	12+			18
68SE 19	8.824	14+			19
68SE 20	9.871	16+			20
68SE 21	11.040	18+			21
68SE 22				12.797 (20+)	22
68SE 23				15.185 (22+)	23
S-n =	15.680 (0.067)				
68SE 24				18.075 (24+)	24
S-p =	4.891 (0.001)				
S-n =	15.680 (0.067)				
S-2p =	7.160 (0.002)				
S-2n =	0.000 (0.000)				
S-alpha=	2.299 (0.004)				
S+p =	0.641 (0.042)				
S+n =	-10.317 (0.002)				

S+2p = 0.000 (0.000)
S+2n = -23.883 (0.002)
S+alpha = -2.176 (0.008)

gap p = 5.532 (0.042)
gap n = 5.364 (0.067)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.123 (0.009)