

^{69}Se $Z = 34$ $N = 35$ [link to full NNDC output](#)

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

BE = 586.756 (0.002) MeV

Qbeta+ = 6.678 (0.032) MeV

	Energy T	J+	J-	J-other	T1/2
69SE 1			0.000	1/2-	1 27.4 S 2
69SE 2			0.039	5/2-	2 2.0 US 2
69SE 3			0.129	3/2-	3
69SE 4			0.290	3/2-	4
69SE 5	0.574	9/2+			5 960 NS 23
69SE 6			0.713	5/2-	6
69SE 7			0.915	7/2-	7
69SE 8			1.101	9/2-	8
69SE 9			1.123	7/2-	9
69SE 10			1.134	5/2-	10
69SE 11			1.194	9/2-	11
69SE 12	1.250	11/2+			12
69SE 13	1.361	9/2+			13
69SE 14	1.653	13/2+			14
69SE 15	2.023	13/2+			15
69SE 16			2.079	9/2-	16
69SE 17				2.159 (9/2-)	17
S-alpha=	2.381 (0.003)				
69SE 18			2.399	11/2-	18
69SE 19			2.434	11/2-	19
69SE 20	2.492	15/2+			20
69SE 21	2.580	13/2+			21
69SE 22			2.618	13/2-	22
69SE 23	2.899	17/2+			23
69SE 24			2.935	13/2-	24
69SE 25			2.980	13/2-	25
69SE 26			3.206	15/2-	26
69SE 27	3.226	17/2+			27
69SE 28	3.498	17/2+			28
69SE 29	3.576	17/2+			29
69SE 30				3.618 (17/2-)	30
69SE 31			3.674	19/2-	31
69SE 32			3.723	17/2-	32
69SE 33				4.005 (19/2+)	33
69SE 34	4.255	21/2+			34
69SE 35			4.272	21/2-	35
69SE 36			4.389	23/2-	36

69SE	37				4.436	23/2-		37
S-p	=	4.829	(0.002)	-----				
69SE	38				5.257	(25/2+)		38
69SE	39				5.387	(25/2-)		39
69SE	40		5.438	25/2+				40

69SE	41		5.830	25/2+				41
69SE	42				6.149	(27/2-)		42
69SE	43				6.467	(29/2-)		43
69SE	44				6.477	(29/2+)		44
69SE	45		6.568	29/2+				45
69SE	46				6.889	(29/2-)		46
69SE	47				7.104	(29/2+)		47
69SE	48				7.685	(33/2-)		48
69SE	49				8.035	(33/2+)		49
69SE	50				8.045	(33/2-)		50

69SE	51				8.059	(31/2-)		51
S-2p	=	8.354	(0.005)	-----				
69SE	52				8.493	(33/2+)		52
69SE	53				9.008	(37/2-)		53
69SE	54				9.714	(37/2+)		54
69SE	55				9.957	(37/2-)		55
S-n	=	10.317	(0.002)	-----				
69SE	56				10.415	(41/2-)		56
69SE	57				11.382	(41/2+)		57
69SE	58				13.363	(45/2+)		58

S-p = 4.829 (0.002)-----
 S-n = 10.317 (0.002)-----
 S-2p = 8.354 (0.005)-----
 S-2n = 25.997 (0.067)-----
 S-alpha = 2.381 (0.003)-----

S+p = -2.280 (0.015)
 S+n = -13.567 (0.002)
 S+2p = -4.470 (0.129)
 S+2n = -22.854 (0.003)
 S+alpha = -2.542 (0.007)

gap p = 2.549 (0.015)
 gap n = -3.250 (0.003)
 gap 2p = 3.884 (0.129)
 gap 2n = 3.143 (0.067)
 gap alpha = -0.161 (0.007)