^{70}Se $Z = 34$ $N = 36$ adopted link ENSDF link

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

BE = 600.322 (0.002) MeV
Qbeta+ = 2.404 (0.002) MeV

	Energy	T	J+		J-		J-other		T1/2	
70SE 1	0.000		0+					1	41.1 M	3
70SE 2	0.945		2+					2	2.23 PS	14
70SE 3	1.600		2+					3	3.3 PS	9
70SE 4					2.010		(0+)	4		
70SE 5	2.039		4+					5	0.97 PS	7
70SE 6	2.382		4+					6	12 PS	LT
70SE 7					2.519		3(-)	7	1.7 PS	LT
70SE 8					2.553			8		
S-alpha= 2.748 (0.003)										
70SE 9	3.003		6+					9	1.32 PS	21
70SE 10					3.140			10		
70SE 11					3.218		(6+)	11		
70SE 12					3.356			12		
70SE 13				3.387		5-		13	6.1 PS	17
70SE 14					3.524		(5-)	14	9 PS	LT
70SE 15					3.644			15		
70SE 16					3.789		(6-)	16		
70SE 17				3.915		7-		17	15 PS	LT
70SE 18	4.038		8+					18	4 PS	LT
70SE 19					4.187		(8+)	19		
70SE 20					4.325			20		
70SE 21					4.411			21		
70SE 22	4.607		8+					22		
70SE 23					4.897		(9-)	23		
70SE 24					4.955			24		
70SE 25					5.206		(10+)	25		
70SE 26					5.209		(9-)	26		
70SE 27					5.308		(10+)	27		
70SE 28					5.693		(10+)	28		
70SE 29					5.806		(11-)	29		
70SE 30					6.017			30		
S-p = 6.107 (0.032)										
70SE 31					6.490		(11-)	31		
70SE 32					6.510		(12+)	32		
70SE 33					6.602		(12+)	33		
70SE 34					6.873		(13-)	34		
70SE 35					6.957		(12+)	35		

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 70SE  36 |                |                |   7.306     (13-)           36   1.6 NS    2
 70SE  37 |                |                |   7.554     (13-)           37
 70SE  38 |                |                |   7.941     (14+)           38
 70SE  39 |                |                |   8.018     (15-)           39
 70SE  40 |                |                |   8.029     (14+)           40
-----------                                                               -----------------
 70SE  41 |                |                |   8.316     (14+)           41
 70SE  42 |                |                |   8.349                     42
 70SE  43 |                |                |   8.772     (15-)           43
 70SE  44 |                |                |   9.430     (16+)           44
 70SE  45 |                |                |   9.496     (16+)           45
S-2p   =   9.529 ( 0.002)-------------------------------------------------------------------------
 70SE  46 |                |                |   9.624     (17-)           46


S-p    =   6.107 ( 0.032)-------------------------------------------------------------------------
S-n    =  13.567 ( 0.002)-------------------------------------------------------------------------
S-2p   =   9.529 ( 0.002)-------------------------------------------------------------------------
S-2n   =  23.883 ( 0.002)-------------------------------------------------------------------------
S-alpha=   2.748 ( 0.003)-------------------------------------------------------------------------

S+p       =  -1.862 ( 0.006)
S+n       =  -9.288 ( 0.003)
S+2p      =  -6.589 ( 0.008)
S+2n      = -22.081 ( 0.003)
S+alpha   =  -2.827 ( 0.003)

gap p     =   4.245 ( 0.033)
gap n     =   4.279 ( 0.004)
gap 2p    =   2.940 ( 0.009)
gap 2n    =   1.802 ( 0.003)
gap alpha =  -0.079 ( 0.004)
```