

^{70}Se $Z = 34$ $N = 36$ [link to full NNDC output](#)

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

BE = 600.322 (0.002) MeV

Qbeta+ = 2.412 (0.050) 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 |

| | | | | | | | | |
|---------|---|---------|----------|--------|-------|----|--------|---|
| 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 | | |
| 70SE 47 | | | | 10.084 | (17-) | 47 | | |
| 70SE 48 | | | | 10.646 | (18+) | 48 | | |
| 70SE 49 | | | | 11.120 | | 49 | | |
| 70SE 50 | | | | 11.269 | (18+) | 50 | | |
| ----- | | | | | | | | |
| 70SE 51 | | | | 11.532 | (19-) | 51 | | |
| 70SE 52 | | | | 11.778 | (19-) | 52 | | |
| 70SE 53 | | | | 12.268 | (20+) | 53 | | |
| 70SE 54 | | | | 13.160 | (20+) | 54 | | |
| 70SE 55 | | | | 13.181 | (21-) | 55 | | |
| S-n | = | 13.567 | (0.002) | ----- | | | | |
| 70SE 56 | | | | 13.727 | (21-) | 56 | | |
| 70SE 57 | | | | 14.258 | (22+) | 57 | | |
| 70SE 58 | | | | 15.251 | (23-) | 58 | | |
| 70SE 59 | | | | 15.806 | (23-) | 59 | | |
| 70SE 60 | | | | 16.490 | (24+) | 60 | | |
| ----- | | | | | | | | |
| 70SE 61 | | | | 17.870 | (25-) | 61 | | |
| 70SE 62 | | | | 17.966 | (25-) | 62 | | |
| 70SE 63 | | | | 19.218 | (26+) | 63 | | |
| ----- | | | | | | | | |
| 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)