

^{74}Se $Z = 34$ $N = 40$ [link to full NNDC output](#)

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

BE = 642.891 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
74SE 1	0.000	0+			1 STABLE
74SE 2	0.635	2+			2 7.08 PS 9
74SE 3	0.854	0+			3 0.75 NS 5
74SE 4	1.269	2+			4 4.0 PS 11
74SE 5	1.363	4+			5 1.86 PS 8
74SE 6				1.657 (0+)	6
74SE 7				1.839 (2+)	7
74SE 8	1.884	3+			8 1.5 PS 6
74SE 9	2.108	4+			9 1.9 PS 7
74SE 10				2.146	10
74SE 11	2.231	6+			11 0.86 PS 17
74SE 12				2.314 (2+)	12
74SE 13			2.350 3-		13 23 PS 3
74SE 14				2.379 (1,2+)	14
74SE 15				2.478 (2)	15
74SE 16				2.482 (2+)	16
74SE 17				2.563 (2+,3,4+)	17
74SE 18	2.662	5+			18 1.7 PS 6
74SE 19	2.718	0+			19
74SE 20				2.818 (2+,3,4+)	20
74SE 21			2.832 4-		21 10 PS 3
74SE 22			2.843 5-		22 7.3 PS 8
74SE 23			2.844 3-		23
74SE 24	2.903	4+			24
74SE 25				2.918 (0+)	25
74SE 26				2.918 (2+,3,4+)	26
74SE 27	2.987	6+			27
74SE 28				3.002	28
74SE 29				3.037 (2+)	29
74SE 30				3.078 (4)+	30
74SE 31				3.112 (2+,3,4+)	31
74SE 32	3.198	8+			32 0.38 PS 4
74SE 33				3.200 (4)	33
74SE 34				3.250 (1,2+)	34
74SE 35				3.251 (2 TO 5)	35
74SE 36				3.253 (2 TO 6)	36
74SE 37				3.306 (2 TO 6)	37
74SE 38				3.379 (2+)	38

74SE	39			3.383	6-			39	4.9 PS 17
74SE	40			3.516	7-			40	3.5 PS 3

74SE	41	3.525	7+					41	0.72 PS24
74SE	42			3.529	5-			42	
74SE	43					3.538	(6+)	43	
74SE	44					3.540	(1,2+)	44	
74SE	45					3.580	(2+)	45	
74SE	46			3.602	5-			46	
74SE	47					3.624	(2+)	47	
74SE	48					3.675	(2+,3,4+)	48	
74SE	49					3.734	(1,2+)	49	
74SE	50					3.749	(4+)	50	

74SE	51					3.772	(4+)	51	
74SE	52					3.782		52	
74SE	53					3.788	(1,2+)	53	
74SE	54			3.842	7-			54	
74SE	55			3.845	3-			55	
74SE	56					3.929	(2 TO 6)	56	
74SE	57					3.929	(8+)	57	
74SE	58					3.931	(0+,1)	58	
74SE	59					3.973	(2+)	59	
74SE	60					3.980	(6+)	60	

74SE	61	4.005	2+					61	
74SE	62					4.044	(1,2+)	62	

S-alpha=	4.076 (0.001)			-----					
74SE	63					4.090		63	
74SE	64					4.094	(2+)	64	
74SE	65					4.118		65	
74SE	66			4.198	8-			66	1.4 PS 3
74SE	67					4.224		67	
74SE	68	4.256	10+					68	0.21 PS 4
74SE	69					4.267	(1,2+)	69	
74SE	70	4.279	4+					70	

74SE	71					4.309	(3,4+)	71	
74SE	72					4.343	(2+)	72	
74SE	73					4.362		73	
74SE	74					4.380	(1,2+)	74	
74SE	75			4.403	9-			75	0.58 PS 6
74SE	76					4.442	(3,4+)	76	
74SE	77	4.450	9+					77	0.57 PS 9
74SE	78					4.487	(1,2+)	78	
74SE	79					4.496	(3,4+)	79	
74SE	80					4.516	(3,4+)	80	

74SE	81					4.536	(1,2+)	81	
74SE	82					4.544		82	

74SE 83				4.580	(3,4,5)	83
74SE 84				4.586	(3,4+)	84
74SE 85				4.592	(4+)	85
74SE 86				4.662	(3,4+)	86
74SE 87			4.677	3-		87
74SE 88				4.700	(3,4+)	88
74SE 89				4.757	(3,4+)	89
74SE 90				4.794	(3,4,5)	90

74SE 91				4.849	(9-)	91 0.40 PS +13-11
74SE 92				4.877	(10+)	92
74SE 93				5.060		93
74SE 94			5.146	3-		94
74SE 95			5.209	10-		95 0.9 PS 3
74SE 96			5.426	3-		96
74SE 97	5.443	12+				97 0.12 PS 3
74SE 98			5.491	11-		98 0.23 PS 2
74SE 99	5.493	11+				99
74SE 100				5.929	(11-)	100 0.26 PS 7

74SE 101				6.015	(12+)	101
74SE 102			6.254	12-		102 0.74 PS LT
74SE 103				6.686	(13+)	103
74SE 104			6.687	13-		104 0.22 PS 10
74SE 105	6.736	14+				105 0.135 PS14
74SE 106				7.064	(13-)	106 0.76 PS LT
74SE 107				7.207	(14+)	107
74SE 108			7.452	14-		108
74SE 109			7.845	15-		109
74SE 110				7.944	(15+)	110

74SE 111			7.979	15-		111
74SE 112	8.117	16+				112 0.075 PS 15
74SE 113				8.537	(16+)	113

S-p = 8.549 (0.004)						
74SE 114			8.816	16-		114
74SE 115				9.294	(17+)	115
74SE 116			9.300	17-		116
74SE 117	9.681	18+				117 0.076 PS21
74SE 118				10.129	(18+)	118
74SE 119				10.370	(18-)	119
74SE 120				10.826	(19+)	120

74SE 121				10.926	(19-)	121
74SE 122	11.360	20+				122

S-n = 12.057 (0.007)						
74SE 123				12.104	(20-)	123
74SE 124	13.202	22+				124

S-p = 8.549 (0.004)-----
S-n = 12.057 (0.007)-----
S-2p = 14.205 (0.000)-----
S-2n = 20.488 (0.002)-----
S-alpha= 4.076 (0.001)-----

S+p = -4.183 (0.004)
S+n = -8.028 (0.000)
S+2p = -11.378 (0.004)
S+2n = -19.181 (0.000)
S+alpha = -4.390 (0.000)

gap p = 4.367 (0.006)
gap n = 4.030 (0.007)
gap 2p = 2.827 (0.004)
gap 2n = 1.306 (0.002)
gap alpha = -0.314 (0.001)