

$^{74}\text{Se}$        $Z = 34$        $N = 40$       adopted link      ENSDF link

Based on ensdf\_240402 (Apr 2024), and mass evaluation from 2020

BE = 642.891 ( 0.000) MeV

	Energy T	J+		J-		J-other	T1/2
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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
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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
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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
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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
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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	
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74SE 61		4.005	2+					61	
74SE 62							4.044 (1,2+)	62	
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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	
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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	
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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
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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
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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

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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)
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