

^{76}Se $Z = 34$ $N = 42$ adopted link ENSDF link

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

BE = 662.072 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
76SE 1	0.000	0+			1 STABLE
76SE 2	0.559	2+			2 12.3 PS 2
76SE 3	1.122	0+			3 11 PS 5
76SE 4	1.216	2+			4 3.4 PS 2
76SE 5	1.331	4+			5 1.52 PS 5
76SE 6	1.689	3+			6 3.2 PS +12-6
76SE 7	1.788	2+			7 6 PS +6-2
76SE 8				1.791	8
76SE 9				1.881 (1,2,3)	9
76SE 10	2.026	4+			10 1.8 PS 4
76SE 11				2.127 (2)+	11
76SE 12				2.171 (0+)	12
76SE 13	2.262	6+			13 0.62 PS 7
76SE 14				2.347	14
76SE 15				2.363 (2+,3+)	15
76SE 16			2.429 3-		16 14 PS 7
76SE 17	2.489	5+			17 0.9 PS +3-2
76SE 18				2.515 (2)+	18
76SE 19				2.570	19
76SE 20				2.606	20
76SE 21				2.619 (4)+	21
76SE 22				2.631 (1,2)	22
76SE 23				2.655 1	23
76SE 24			2.670 2-		24
76SE 25				2.691 (3-)	25
76SE 26				2.805 (4+)	26
76SE 27				2.812	27
76SE 28				2.817	28
76SE 29			2.825 5-		29 6.2 PS +21-14
76SE 30				2.853 (4+)	30
76SE 31			2.860 4-		31 1.2 PS 5
76SE 32				2.870 (1 TO 4)	32
76SE 33				2.911 (1 TO 4)	33
76SE 34				2.920 (4)+	34
76SE 35				2.951 1+,2+	35
76SE 36				2.968 (2-,3-,4-)	36
76SE 37	2.976	6+			37 1.2 PS +7-4
76SE 38				3.009 (2+)	38

76SE 39						3.042	(6+)	39	
76SE 40						3.046	(5-)	40	0.28 NS LT

76SE 41						3.070	(1,2)+	41	
76SE 42						3.084	(1+,2+,3+)	42	
76SE 43						3.106	(3-)	43	
76SE 44						3.160	(2)	44	
76SE 45						3.192	(1+,2+,3+)	45	
76SE 46						3.216	(3-&4+)	46	
76SE 47						3.219	(1+,2+,3+)	47	
76SE 48						3.226	(6,8+)	48	
76SE 49						3.239		49	
76SE 50				3.262	6-			50	12 PS 6

76SE 51						3.269	(2-,3-,4-)	51	
76SE 52		3.270	8+					52	0.35 PS 7
76SE 53						3.295	(4+)	53	
76SE 54						3.297	(1+,2+,3+)	54	
76SE 55						3.312	(6-)	55	0.14 NS +14-7
76SE 56						3.352	(1,2)+	56	
76SE 57						3.378	(1+,2+,3+)	57	
76SE 58						3.408	(4+)	58	
76SE 59						3.417	-	59	
76SE 60		3.432	7+					60	0.8 PS +4-2

76SE 61				3.441	7-			61	3.6 PS 7
76SE 62						3.442	(1+,2+,3+)	62	
76SE 63						3.443	(3-)	63	
76SE 64						3.459	(2+)	64	
76SE 65						3.475	(4+)	65	
76SE 66						3.530	(1+,2+,3+)	66	
76SE 67						3.556	(1,2)	67	
76SE 68						3.604	1+,2+	68	
76SE 69						3.630	(1+,2+,3+)	69	
76SE 70						3.651		70	

76SE 71						3.696	(7-)	71	28 PS 7
76SE 72						3.697	(1+,2+,3+)	72	
76SE 73						3.731	(3-)	73	
76SE 74						3.741	(1+,2+,3+)	74	
76SE 75						3.776	(4+)	75	
76SE 76						3.786	(8+)	76	0.9 PS +5-3
76SE 77						3.790	(LE 3+)	77	
76SE 78						3.806	(5-)	78	
76SE 79						3.808	(1+,2+,3+)	79	
76SE 80						3.854	(8)+	80	0.23 PS +8-5

76SE 81						3.861		81	
76SE 82						3.906	(1+,2+,3+)	82	
76SE 83						3.916	(4+)	83	

76SE 84			3.929	(1,2)	84	
76SE 85			3.933		85	
76SE 86			3.948	(4+)	86	
76SE 87			3.966		87	
76SE 88			3.971	(1+,2+)	88	
76SE 89			4.002	(3-)	89	
76SE 90			4.006		90	

76SE 91			4.009	(8-)	91	2.2 PS 7
76SE 92			4.019		92	
76SE 93			4.044	(1+,2+,3+)	93	
76SE 94			4.084	(1,2)	94	
76SE 95			4.119	(2-,3-,4-)	95	
76SE 96			4.137	(1+,2+,3+)	96	
76SE 97			4.170	(4+)	97	
76SE 98			4.173	(1,2)	98	
76SE 99			4.200	(1,2)	99	
76SE 100			4.206		100	

76SE 101			4.214	(8-)	101	1.7 PS +15-8
76SE 102			4.215	(1+,2+)	102	
76SE 103			4.218	(3-)	103	
76SE 104			4.240	(1 TO 4)	104	
76SE 105			4.257	(1 TO 4)	105	
76SE 106			4.283	(2-,3-,4-)	106	
76SE 107			4.299	(10)+	107	0.49 PS +10-7
76SE 108			4.325	(9)-	108	1.4 PS 4
76SE 109			4.340	(3-)	109	
76SE 110			4.351	(1 TO 4)	110	

76SE 111			4.369	(4+)	111	
76SE 112			4.384	(1+,2+,3+)	112	
76SE 113			4.399	(4+)	113	
76SE 114			4.405	(9+)	114	0.9 PS 2
76SE 115			4.425	(1+,2+,3+)	115	
76SE 116			4.437	(1,2)	116	
76SE 117			4.474	(1+,2+,3+)	117	
76SE 118			4.489	(1 TO 4)	118	
76SE 119			4.523	(3-)	119	
76SE 120			4.567		120	

76SE 121			4.606	(1+,2+)	121	
76SE 122			4.611	(3-)	122	
76SE 123			4.647	(1+,2+,3+)	123	
76SE 124			4.658	(3-)	124	
76SE 125			4.688	(10)+	125	0.49 PS 7
76SE 126			4.723	(+)	126	
76SE 127			4.728		127	
76SE 128			4.752	(1+,2+,3+)	128	
76SE 129			4.771	(3-)	129	

76SE 130			4.811	(1+,2+,3+)	130	
76SE 131			4.836	(1+,2+,3+)	131	
76SE 132			4.859	(+)	132	
76SE 133			4.911	(1+,2+,3+)	133	
76SE 134			4.935	(3-)	134	
76SE 135			4.974	(1+,2+,3+)	135	
76SE 136			4.998	(1+,2+,3+)	136	
76SE 137			5.032	(2-,3-,4-)	137	
76SE 138			5.068	(10)-	138	1.0 PS +4-2
76SE 139			5.081	(3)-	139	

S-alpha=	5.091	(0.000)				
76SE 140			5.140	(1 TO 4)	140	

76SE 141			5.174	(3-)	141	
76SE 142			5.195	(1 TO 4)	142	
76SE 143			5.261	(4+)	143	
76SE 144			5.303	(3-)	144	
76SE 145			5.401		145	
76SE 146			5.432	(12+)	146	0.2 PS 1
76SE 147			5.510		147	
76SE 148			5.939	(1 TO 4)	148	
76SE 149			6.005		149	

S-p = 9.507 (0.001)-----
 S-n = 11.154 (0.000)-----
 S-2p = 16.408 (0.000)-----
 S-2n = 19.181 (0.000)-----
 S-alpha= 5.091 (0.000)-----

S+p = -5.272 (0.003)
 S+n = -7.419 (0.000)
 S+2p = -13.504 (0.000)
 S+2n = -17.917 (0.000)
 S+alpha = -5.066 (0.001)

gap p = 4.235 (0.003)
 gap n = 3.735 (0.000)
 gap 2p = 2.903 (0.000)
 gap 2n = 1.265 (0.000)
 gap alpha = 0.025 (0.001)