

⁹⁰Se $Z = 34$ $N = 56$ [link to full NNDC output](#)

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

BE = 755.619 (0.330) MeV

Qbeta- = 8.200 (0.330) MeV

	Energy T	J+	J-	J-other	T1/2
90SE	1 0.000	0+			1 195 MS +95-65

S-p = 0.000 (0.000)-----

S-n = 4.879 (0.330)-----

S-2p = 0.000 (0.000)-----

S-2n = 8.059 (0.330)-----

S-alpha= 8.825 (0.548)-----

S+p = -12.596 (0.330)

S+n = -2.851 (0.544)

S+2p = -27.547 (0.330)

S+2n = 0.000 (0.000)

S+alpha = -7.973 (0.330)

gap p = 0.000 (0.000)

gap n = 2.028 (0.636)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = 0.853 (0.640)