

$^{90}\text{Se}$        $Z = 34$        $N = 56$       adopted link      ENSDF link

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

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
90SE 2				0.547 (2+)	2
90SE 3				0.964 (2+)	3
90SE 4				1.238 (4+)	4
90SE 5				1.627	5

S-p = 16.563 ( 0.424)-----

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

S-2p = 30.851 ( 0.550)-----

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 = -7.061 ( 0.494)

S+alpha = -7.972 ( 0.330)

gap p = 3.967 ( 0.537)

gap n = 2.028 ( 0.636)

gap 2p = 3.304 ( 0.641)

gap 2n = 0.998 ( 0.594)

gap alpha = 0.853 ( 0.640)