

^{244}Cm $Z = 96$ $N = 148$ [link to full NNDC output](#)

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

BE = 1835.844 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-5.901 (0.002)	-----			
244CM 1	0.000	0+			1 18.11 Y 3
244CM 2	0.043	2+			2 97 PS 5
244CM 3	0.142	4+			3
244CM 4	0.296	6+			4
244CM 5	0.502	8+			5
244CM 6				0.934 (3,4)	6
244CM 7				0.964 (2,3)	7
244CM 8				0.970 (2+,3-)	8
244CM 9	0.985	0+			9
244CM 10				1.021 (2+)	10

244CM 11				1.038 (2+,3-)	11
244CM 12	1.040	6+			12 34 MS 2
244CM 13				1.084 (1,2+)	13
244CM 14				1.106 (1,2)	14
244CM 15				1.151 (4)	15
244CM 16				1.187 (2+,3-)	16
244CM 17				1.220	17
244CM 18				1.296 (3,4)	18
244CM 19				1.328	19
244CM 20				1.654	20

244CM 21				1.785	21
244CM 22			0+X		22 500 NS GT
244CM 23			0+Y		23 5 PS LE

S-p = 6.012 (0.002)-----
S-n = 6.802 (0.002)-----
S-2p = 10.843 (0.002)-----
S-2n = 12.495 (0.002)-----
S-alpha= -5.901 (0.002)-----

S+p = -3.927 (0.002)
S+n = -5.519 (0.002)
S+2p = -8.939 (0.002)
S+2n = -11.978 (0.002)
S+alpha = 6.361 (0.005)

gap p = 2.086 (0.003)

gap n = 1.283 (0.003)
gap 2p = 1.904 (0.003)
gap 2n = 0.517 (0.003)
gap alpha = 0.460 (0.006)