

^{253}Es $Z = 99$ $N = 154$ adopted link ENSDF link

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

BE = 1885.581 (0.001) MeV

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

S-alpha=	-6.739 (0.002)	-----			
253ES	1 0.000	7/2+			1 20.47 D 3
253ES	2			0.046 (9/2+)	2
253ES	3			0.080 (11/2+)	3
253ES	4			0.106	4
253ES	5			0.139 (5/2-)	5
253ES	6			0.181 (7/2-)	6
253ES	7			0.371 (7/2-)	7
253ES	8			0.435 (9/2-)	8

S-p = 4.313 (0.003)-----
S-n = 6.355 (0.050)-----
S-2p = 10.795 (0.011)-----
S-2n = 11.644 (0.005)-----
S-alpha= -6.739 (0.002)-----

S+p = -5.397 (0.002)
S+n = -5.088 (0.003)
S+2p = -8.746 (0.006)
S+2n = -11.064 (0.011)
S+alpha = 7.557 (0.002)

gap p = -1.084 (0.003)
gap n = 1.268 (0.050)
gap 2p = 2.049 (0.012)
gap 2n = 0.580 (0.012)
gap alpha = 0.818 (0.003)