

^{254}Es $Z = 99$ $N = 155$ adopted link ENSDF link

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

BE = 1890.668 (0.003) MeV
 Qbeta- = 1.092 (0.003) MeV
 Qbeta+ = 0.653 (0.012) MeV

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

S-alpha=	-6.617 (0.004)				
254ES 1				0.000 (7+)	1 275.7 D 5
254ES 2				0.080 (8+)	2
254ES 3	0.084	2+			3 39.3 H 2
254ES 4				0.171 (9+)	4
254ES 5				0.215	5
254ES 6				0.290 (7+)	6
254ES 7				0.377 (8+)	7
254ES 8				0.404	8
254ES 9				0.448 (8-)	9
254ES 10				0.469 (7+:10+)	10

S-p = 4.596 (0.005)-----
 S-n = 5.088 (0.003)-----
 S-2p = 11.000 (0.252)-----
 S-2n = 11.443 (0.050)-----
 S-alpha= -6.617 (0.004)-----

S+p = -5.483 (0.005)
 S+n = -5.976 (0.011)
 S+2p = -9.108 (0.003)
 S+2n = -10.900 (0.003)
 S+alpha = 7.271 (0.005)

gap p = -0.886 (0.007)
 gap n = -0.889 (0.012)
 gap 2p = 1.892 (0.252)
 gap 2n = 0.543 (0.050)
 gap alpha = 0.654 (0.006)