

^{256}Es $Z = 99$ $N = 157$ adopted link ENSDF link

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

BE = 1901.568 (0.000) MeV
 Qbeta- = 1.752 (0.003) MeV
 Qbeta+ = 0.242 (0.256) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-6.396 (0.252)				
256ES	1			0.000 (1+,0-)	1 25.4 M 24

S-p = 4.878 (0.255)-----
 S-n = 4.923 (0.011)-----
 S-2p = 11.808 (0.254)-----
 S-2n = 10.900 (0.003)-----
 S-alpha= -6.396 (0.252)-----

S+p = -5.936 (0.004)
 S+n = -5.886 (0.514)
 S+2p = -10.125 (0.003)
 S+2n = -10.728 (0.516)
 S+alpha = 6.904 (0.260)

gap p = -1.058 (0.255)
 gap n = -0.963 (0.514)
 gap 2p = 1.683 (0.254)
 gap 2n = 0.172 (0.516)
 gap alpha = 0.508 (0.362)