

^{244}Fm $Z = 100$ $N = 144$ adopted link ENSDF link

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

BE = 1822.192 (-0.244) MeV

Qbeta+ = 2.878 (0.345) MeV

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

S-alpha=	-8.561	(-0.245)	-----		
244FM 1	0.000	0+			1 3.12 MS 8
244FM 2			0.000		2 3.12 MS 8

S-p = 3.094 (-0.344)-----
 S-n = 8.440 (-0.344)-----
 S-2p = 4.990 (-0.244)-----
 S-2n = 15.662 (-0.542)-----
 S-alpha= -8.561 (-0.245)-----

S+p = -0.853 (-0.346)
 S+n = -6.733 (-0.346)
 S+2p = 0.000 (-0.000)
 S+2n = -14.926 (-0.244)
 S+alpha = 9.336 (-0.348)

gap p = 2.241 (0.488)
 gap n = 1.707 (0.488)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.736 (0.595)
 gap alpha = 0.774 (0.425)