

$^{250}\text{Fm}$        $Z = 100$        $N = 150$       adopted link    ENSDF link

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

BE        =    1865.523 ( 0.008) MeV  
Qbeta+ =     0.945 ( 0.008) MeV

	Energy	T	J+	J-	J-other	T1/2
S-alpha=	-7.557 ( 0.008)-					
250FM	1   0.000	0+				1 30 M 3
S-p	= 4.497 ( 0.008)-					
S-n	= 7.518 ( 0.010)-					
S-2p	= 7.744 ( 0.009)-					
S-2n	= 13.968 ( 0.012)-					
S-alpha=	-7.557 ( 0.008)-					
S+p	= -2.394 ( 0.021)					
S+n	= -6.185 ( 0.016)					
S+2p	= -5.779 ( 0.012)					
S+2n	= -13.398 ( 0.009)					
S+alpha	= 8.226 ( 0.012)					
gap p	= 2.102 ( 0.022)					
gap n	= 1.333 ( 0.019)					
gap 2p	= 1.965 ( 0.015)					
gap 2n	= 0.570 ( 0.015)					
gap alpha	= 0.669 ( 0.015)					