

^{250}Fm $Z = 100$ $N = 150$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1865.522 (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
250FM 2				0.0+X	2 1.8 S 1
250FM 3				0.0+Y	3

S-p = 0.000 (0.000)-----
 S-n = 7.518 (0.010)-----
 S-2p = 7.744 (0.010)-----
 S-2n = 13.968 (0.012)-----
 S-alpha= -7.557 (0.008)-----

S+p = -2.394 (0.020)
 S+n = -6.190 (0.017)
 S+2p = -5.779 (0.012)
 S+2n = -13.399 (0.010)
 S+alpha = 8.226 (0.013)

gap p = 0.000 (0.000)
 gap n = 1.329 (0.020)
 gap 2p = 1.965 (0.016)
 gap 2n = 0.569 (0.015)
 gap alpha = 0.669 (0.015)