

^{253}Fm $Z = 100$ $N = 153$ adopted link ENSDF link

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

BE = 1884.463 (0.002) MeV

Qbeta+ = 0.335 (0.002) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|-----------------|-------|-------|---------|-------------|
| ----- | | | | | |
| S-alpha= | -7.198 (0.002) | ----- | | | |
| 253FM 1 | 0.000 | 1/2+ | | | 1 3.00 D 12 |
| 253FM 2 | | | 0.022 | (3/2+) | 2 |
| 253FM 3 | | | 0.047 | (5/2+) | 3 |
| 253FM 4 | 0.124 | 3/2+ | | | 4 |

S-p = 5.238 (0.050)-----

S-n = 5.542 (0.005)-----

S-2p = 9.367 (0.004)-----

S-2n = 12.756 (0.014)-----

S-alpha= -7.198 (0.002)-----

S+p = -3.265 (0.002)

S+n = -6.514 (0.002)

S+2p = -7.111 (0.014)

S+2n = -11.688 (0.004)

S+alpha = 8.477 (0.006)

gap p = 1.973 (0.050)

gap n = -0.972 (0.006)

gap 2p = 2.256 (0.015)

gap 2n = 1.068 (0.015)

gap alpha = 1.279 (0.007)