^{254}Fm $Z = 100$ $N = 154$ link to full NNDC output

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

BE = 1890.977 (0.003) MeV

	Energy	T	J+	J-	J-other		T1/2	
S-alpha=	-7.308 (0.003)							
254FM 1	0.000		0+			1	3.240 H	2
254FM 2	0.045		2+			2		
254FM 3	0.149		4+			3		
254FM 4	0.694		2+			4		
254FM 5					0.734 (3)+	5		
S-p =	5.397 (0.003)							
S-n =	6.514 (0.004)							
S-2p =	9.710 (0.003)							
S-2n =	12.056 (0.006)							
S-alpha=	-7.308 (0.003)							

S+p = -3.349 (0.007)
S+n = -5.174 (0.005)
S+2p = -7.659 (0.008)
S+2n = -11.558 (0.006)
S+alpha = 0.000 (0.000)

gap p = 2.048 (0.008)
gap n = 1.340 (0.006)
gap 2p = 2.051 (0.009)
gap 2n = 0.497 (0.009)
gap alpha = 0.000 (0.000)