

^{254}Fm $Z = 100$ $N = 154$ adopted link ENSDF link

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

BE = 1890.978 (0.002) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|-----------------|-------|----|---------|-------------|
| ----- | | | | | |
| S-alpha= | -7.307 (0.002) | ----- | | | |
| 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 (0.002)-----

S-n = 6.514 (0.002)-----

S-2p = 9.710 (0.003)-----

S-2n = 12.057 (0.006)-----

S-alpha= -7.307 (0.002)-----

S+p = -3.349 (0.006)

S+n = -5.173 (0.004)

S+2p = -7.657 (0.008)

S+2n = -11.560 (0.004)

S+alpha = 8.267 (0.002)

gap p = 2.047 (0.006)

gap n = 1.341 (0.005)

gap 2p = 2.053 (0.008)

gap 2n = 0.496 (0.007)

gap alpha = 0.960 (0.003)