

^{256}Fm $Z = 100$ $N = 156$ [link to full NNDC output](#)

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

BE = 1902.536 (0.006) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-7.027	(0.006)	-----		
256FM 1	0.000	0+			1 157.1 M 13
256FM 2	0.048	2+			2
256FM 3	0.160	4+			3
256FM 4	0.332	6+			4
256FM 5	0.563	8+			5
256FM 6				0.682 (2+)	6
256FM 7				0.725 (3+)	7
256FM 8				0.783 (4+)	8
256FM 9				0.853 (5+)	9
256FM 10				0.882 (2-)	10

256FM 11				0.922 (3-)	11
256FM 12				0.939 (6+)	12
256FM 13				0.978 (4-)	13
256FM 14				1.039 (7+)	14
256FM 15				1.045 (5-)	15
256FM 16				1.100 (3+)	16
256FM 17				1.123 (6-)	17
256FM 18				1.150 (8+)	18
256FM 19				1.150 (4+)	19
256FM 20				1.214 (7-)	20

256FM 21				1.252 (5+)	21
256FM 22				1.326 (1+)	22
256FM 23				1.328 (6+)	23
256FM 24				1.360 (2+)	24
256FM 25				1.374 (1-)	25
256FM 26				1.405 (2-)	26
256FM 27				1.425 (7-)	27 70 NS 5
256FM 28				1.560 (7+,8+)	28

S-p = 5.891 (0.012)-----
S-n = 6.384 (0.007)-----
S-2p = 10.432 (0.013)-----
S-2n = 11.558 (0.006)-----
S-alpha= -7.027 (0.006)-----

S+p = -3.783 (0.006)
S+n = -4.968 (0.007)

S+2p = 0.000 (0.000)
S+2n = 0.000 (0.000)
S+alpha = 0.000 (0.000)

gap p = 2.108 (0.013)
gap n = 1.416 (0.010)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.000 (0.000)