

$^{256}\text{Fm}$        $Z = 100$        $N = 156$       adopted link      ENSDF link

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

BE = 1902.538 ( 0.003) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-7.025	( 0.004)	-----		
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
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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
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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 = 5.893 ( 0.011)-----  
S-n = 6.387 ( 0.005)-----  
S-2p = 10.434 ( 0.012)-----  
S-2n = 11.560 ( 0.004)-----  
S-alpha= -7.025 ( 0.004)-----

S+p = -3.781 ( 0.003)  
S+n = -4.966 ( 0.005)

S+2p = -8.468 ( 0.003)  
S+2n = -11.306 ( 0.258)  
S+alpha = 7.614 ( 0.260)

gap p = 2.112 ( 0.012)  
gap n = 1.421 ( 0.007)  
gap 2p = 1.966 ( 0.012)  
gap 2n = 0.254 ( 0.258)  
gap alpha = 0.588 ( 0.260)