

^{257}Fm $Z = 100$ $N = 157$ adopted link ENSDF link

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

BE = 1907.504 (0.004) MeV

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

S-alpha=	-6.864 (0.006)				
257FM 1				0.000 (9/2+)	1 100.5 D 2

S-p	= 5.936 (0.004)				
S-n	= 4.966 (0.005)				
S-2p	= 10.814 (0.255)				
S-2n	= 11.353 (0.006)				
S-alpha=	-6.864 (0.006)				

S+p	= -4.189 (0.006)				
S+n	= -6.340 (0.258)				
S+2p	= -9.089 (0.008)				
S+2n	= -10.909 (0.259)				
S+alpha	= 7.532 (0.261)				

gap p	= 1.747 (0.007)				
gap n	= -1.374 (0.258)				
gap 2p	= 1.726 (0.255)				
gap 2n	= 0.444 (0.259)				
gap alpha	= 0.668 (0.261)				