

^{253}Lr $Z = 103$ $N = 150$ adopted link ENSDF link

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

BE = 1872.938 (0.165) MeV

Qbeta+ = 4.165 (0.165) MeV

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

S-alpha=	-8.918 (0.233)				
253LR 1				0.000 (7/2-)	1 0.57 S +7-6

S-p =	1.637 (0.165)				
S-n =	8.138 (0.301)				
S-2p =	5.021 (0.166)				
S-2n =	15.538 (0.300)				
S-alpha=	-8.918 (0.233)				

S+p =	-2.598 (0.303)				
S+n =	-6.949 (0.188)				
S+2p =	-3.607 (0.303)				
S+2n =	-14.719 (0.165)				
S+alpha =	9.206 (0.233)				

gap p =	-0.961 (0.345)				
gap n =	1.189 (0.355)				
gap 2p =	1.414 (0.346)				
gap 2n =	0.819 (0.343)				
gap alpha =	0.288 (0.329)				