

^{256}Lr $Z = 103$ $N = 153$ adopted link ENSDF link

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

BE = 1893.929 (0.083) MeV

Qbeta+ = 3.924 (0.083) MeV

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

S-alpha=	-8.855	(0.123)	-----		
256LR	1			0.000	1 27.9 S 10
256LR	2			0.236	2
256LR	3			0.282	3
256LR	4			0.317	4

S-p	=	2.354	(0.084)	-----	
S-n	=	6.272	(0.085)	-----	
S-2p	=	6.201	(0.083)	-----	
S-2n	=	14.042	(0.123)	-----	
S-alpha=	-8.855	(0.123)	-----		

S+p	=	-3.169	(0.084)		
S+n	=	-7.100	(0.083)		
S+2p	=	-4.817	(0.124)		
S+2n	=	-13.207	(0.083)		
S+alpha	=	9.405	(0.083)		

gap p	=	-0.815	(0.119)		
gap n	=	-0.828	(0.119)		
gap 2p	=	1.384	(0.149)		
gap 2n	=	0.835	(0.149)		
gap alpha	=	0.550	(0.149)		