

^{259}Lr $Z = 103$ $N = 156$ adopted link ENSDF link

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

BE = 1914.010 (0.000) MeV

Qbeta+ = 1.800 (0.006) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-8.613 (0.006)				
259LR	1			0.000	1 6.2 S 3

S-p = 3.004 (0.000)-----
 S-n = 6.874 (0.000)-----
 S-2p = 7.691 (0.002)-----
 S-2n = 12.981 (0.000)-----
 S-alpha= -8.613 (0.006)-----

S+p = -4.010 (0.260)
 S+n = -5.570 (0.000)
 S+2p = -6.167 (0.000)
 S+2n = -12.431 (0.261)
 S+alpha = 8.730 (0.263)

gap p = -1.006 (0.260)
 gap n = 1.304 (0.000)
 gap 2p = 1.524 (0.002)
 gap 2n = 0.550 (0.261)
 gap alpha = 0.117 (0.263)