

^{260}Lr $Z = 103$ $N = 157$ adopted link ENSDF link

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

BE = 1919.580 (0.000) MeV

Qbeta+ = 2.858 (0.260) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-8.492 (0.000)				
260LR	1			0.000	1 180 S 30

S-p = 2.987 (0.006)-----

S-n = 5.570 (0.000)-----

S-2p = 7.887 (0.003)-----

S-2n = 12.444 (0.000)-----

S-alpha= -8.492 (0.000)-----

S+p = -4.352 (0.066)

S+n = -6.861 (0.261)

S+2p = -6.644 (0.262)

S+2n = -12.408 (0.262)

S+alpha = 8.532 (0.264)

gap p = -1.364 (0.066)

gap n = -1.291 (0.261)

gap 2p = 1.243 (0.262)

gap 2n = 0.036 (0.262)

gap alpha = 0.040 (0.264)