^{254}Rf $Z = 104$ $N = 150$ adopted link ENSDF link

```
Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE     =   1875.536 (-0.254) MeV
Qbeta+ =      3.569 ( 0.270) MeV

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

-------------------------------------------------------------------------------------
S-alpha=  -9.260 (-0.356) -------------------------------------------------------------
-----------                                                          -----------------
254RF   1 |  0.000     0+     |                    |                    1  22.8 US   11
254RF   2 |  0.048     (2+)   |                    |                    2
254RF   3 |  0.158     (4+)   |                    |                    3
254RF   4 |  0.330     (6+)   |                    |                    4
254RF   5 |  0.562     (8+)   |                    |                    5
254RF   6 |  0.847     (10+)  |                    |                    6
254RF   7 |  1.186     (12+)  |                    |                    7
254RF   8 |  1.570     (14+)  |                    |                    8


S-p    =   2.598 (-0.303) --------------------------------------------------------------
S-n    =   8.396 (-0.566) --------------------------------------------------------------
S-2p   =   4.235 (-0.254) --------------------------------------------------------------
S-2n   =   0.000 (-0.000) --------------------------------------------------------------
S-alpha=  -9.260 (-0.356) --------------------------------------------------------------

S+p       =  -1.009 (-0.360)
S+n       =  -6.874 (-0.360)
S+2p      =   0.000 (-0.000)
S+2n      = -15.135 (-0.255)
S+alpha   =   9.596 (-0.575)

gap p     =   1.589 ( 0.470)
gap n     =   1.522 ( 0.671)
gap 2p    =   0.000 ( 0.000)
gap 2n    =   0.000 ( 0.000)
gap alpha =   0.336 ( 0.677)
```