

^{256}Rf $Z = 104$ $N = 152$ adopted link ENSDF link

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

BE = 1890.671 (0.018) MeV

Qbeta+ = 2.475 (0.085) MeV

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

S-alpha=	-8.926	(0.020)	-----					

256RF 1	0.000	0+					1	6.67 MS 10
256RF 2	0.044	(2+)					2	
256RF 3	0.148	(4+)					3	
256RF 4	0.309	(6+)					4	
256RF 5	0.527	(8+)					5	
256RF 6	0.799	(10+)					6	
256RF 7				0.946	(3-)		7	
256RF 8				1.120	(5-)		8	25 US 2
256RF 9	1.122	(12+)					9	
256RF 10				1.400	(8-)		10	17 US 2

256RF 11	1.493	(14+)					11	
256RF 12	1.910	(16+)					12	
256RF 13						2.200	13	27 US 5
256RF 14	2.369	(18+)					14	
256RF 15	2.868	(20+)					15	

S-p = 3.014 (0.025) -----

S-n = 8.261 (0.256) -----

S-2p = 5.079 (0.020) -----

S-2n = 15.135 (0.255) -----

S-alpha= -8.926 (0.020) -----

S+p = -1.357 (0.166)

S+n = -6.427 (0.021)

S+2p = -3.565 (0.516)

S+2n = -14.020 (0.024)

S+alpha = 9.901 (0.027)

gap p = 1.658 (0.167)

gap n = 1.834 (0.256)

gap 2p = 1.515 (0.517)

gap 2n = 1.115 (0.256)

gap alpha = 0.975 (0.034)