

$^{256}\text{Rf}$        $Z = 104$        $N = 152$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1890.671 ( 0.018) MeV

Qbeta+ = 2.475 ( 0.085) MeV

	Energy T	J+	J-	J-other	T1/2
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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
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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 = 0.000 ( 0.000)-----  
 S-2p = 5.079 ( 0.020)-----  
 S-2n = 0.000 ( 0.000)-----  
 S-alpha= -8.926 ( 0.020)-----

S+p = 0.000 ( 0.000)  
 S+n = -6.427 ( 0.021)  
 S+2p = 0.000 ( 0.000)  
 S+2n = -14.024 ( 0.037)  
 S+alpha = 9.901 ( 0.027)

gap p = 0.000 ( 0.000)  
 gap n = 0.000 ( 0.000)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 0.000 ( 0.000)  
 gap alpha = 0.975 ( 0.034)