

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

Based on ENSDF from Oct 2022, 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)