

^{260}Rf $Z = 104$ $N = 156$ [link to full NNDC output](#)

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

BE = 0.000 (0.000) MeV

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

260RF	1		0.000	0+			1 21 MS 1