

$^{260}\text{Rf}$        $Z = 104$        $N = 156$       adopted link      ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1918.020 (-0.260) MeV

Qbeta+ = 0.778 ( 0.260) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-8.911 (-0.260)				
260RF	1   0.000	0+			1 21 MS 1
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S-p	= 4.010 (-0.260)				
S-n	= 7.377 (-0.260)				
S-2p	= 7.014 (-0.260)				
S-2n	= 13.328 (-0.260)				
S-alpha=	-8.911 (-0.260)				
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S+p	= -2.157 (-0.260)				
S+n	= -5.912 (-0.268)				
S+2p	= -5.367 (-0.261)				
S+2n	= -12.920 (-0.369)				
S+alpha	= 9.084 (-0.371)				
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gap p	= 1.853 ( 0.368)				
gap n	= 1.465 ( 0.374)				
gap 2p	= 1.647 ( 0.368)				
gap 2n	= 0.408 ( 0.452)				
gap alpha	= 0.173 ( 0.453)				