^{250}Cm $Z = 96$ $N = 154$ adopted link   ENSDF link

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

BE   =   1869.735 (0.010) MeV
Qbeta- =   0.038 (0.011) MeV

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

S-alpha= -5.170 (0.018) ---
----------   -----------------
250CM 1 | 0.000   0+ | | 1 8.3E+3 Y AP
250CM 2 | 0.043   2+ | | 2

S-p   =   7.464 (0.249) --
S-n   =   5.833 (0.011) --
S-2p   =   0.000 (0.000) --
S-2n   = 10.546 (0.011) --
S-alpha= -5.170 (0.018) --

S+p   = -5.051 (0.015)
S+n   = -4.413 (0.025)
S+2p   = -11.533 (0.011)
S+2n   = -10.185 (0.252)
S+alpha   =   5.927 (0.015)

gap p   =   2.413 (0.250)
gap n   =   1.420 (0.027)
gap 2p   =   0.000 (0.000)
gap 2n   =   0.360 (0.252)
gap alpha =   0.757 (0.024)