

$^{244}\text{Fm}$        $Z = 100$        $N = 144$       adopted link      ENSDF link

Based on ensdf\_240402 (Apr 2024), and mass evaluation from 2020

BE = 1822.192 (-0.244) MeV

Qbeta+ = 2.878 ( 0.345) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-8.561	(-0.245)	-----		
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244FM	1   0.000	0+			1 3.12 MS 8
244FM	2			0.000	2 3.12 MS 8

S-p = 3.094 (-0.344) -----  
 S-n = 8.440 (-0.344) -----  
 S-2p = 4.990 (-0.244) -----  
 S-2n = 15.662 (-0.542) -----  
 S-alpha= -8.561 (-0.245) -----

S+p = -0.853 (-0.346)  
 S+n = -6.733 (-0.346)  
 S+2p = 0.000 (-0.000)  
 S+2n = -14.926 (-0.244)  
 S+alpha = 9.336 (-0.348)

gap p = 2.241 ( 0.488)  
 gap n = 1.707 ( 0.488)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 0.736 ( 0.595)  
 gap alpha = 0.774 ( 0.425)