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Quark and Gluon Momentum and Spin Fractions in the Nucleon

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We present the full decomposition of the momentum and spin fractions carried by quarks and gluons in the nucleon. We employ three gauge ensembles generated with Nf=2+1+1 Wilson twisted-mass clover-improved fermions at the physical quark masses. It allows us to determine for the first time the momentum and spin decompositions at the continuum limit with the extrapolation directly performed at the physical pion mass.

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