

## Quark and Gluon Momentum Fractions in the Nucleon

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

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