

^{250}No $Z = 102$ $N = 148$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 0.000 (0.000) MeV

		Energy T	J+		J-		J-other		T1/2	
250NO	1	0.000	0+						1	4.2 US +12-9
250NO	2				1.050	(6+)			2	46 US +22-14