

^{250}No $Z = 102$ $N = 148$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1856.500 (-0.250) MeV

Qbeta+ = 3.131 (0.266) MeV

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

S-alpha=	-8.914	(-0.250)			
250NO	1 0.000	0+			1 4.2 US +12-9
250NO	2		1.050	(6+)	2 46 US +22-14

S-p = 2.940 (-0.299)-----
 S-n = 8.422 (-0.353)-----
 S-2p = 4.946 (-0.250)-----
 S-2n = 15.348 (-0.352)-----
 S-alpha= -8.914 (-0.250)-----

S+p = -0.900 (-0.354)
 S+n = -6.673 (-0.354)
 S+2p = 0.000 (-0.000)
 S+2n = -14.801 (-0.250)
 S+alpha = 9.260 (-0.356)

gap p = 2.040 (0.464)
 gap n = 1.749 (0.500)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.547 (0.432)
 gap alpha = 0.346 (0.436)