

^{254}No $Z = 102$ $N = 152$ [link to full NNDC output](#)

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

BE = 1885.592 (0.010) MeV

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

S-alpha=	-8.226 (0.013)	-----			
254NO 1	0.000	0+			1 51 S 10
254NO 2	0.044	2+			2
254NO 3	0.145	4+			3
254NO 4	0.304	6+			4
254NO 5	0.518	8+			5
254NO 6	0.785	10+			6
254NO 7				1.104 (12+)	7
254NO 8				1.470 (14+)	8
254NO 9				1.884 (16+)	9
254NO 10				2.340 (18+)	10

254NO 11				2.839 (20+)	11
254NO 12			0+X		12 0.28 S 4

S-p = 0.000 (0.000)-----
 S-n = 7.707 (0.012)-----
 S-2p = 6.670 (0.011)-----
 S-2n = 14.291 (0.013)-----
 S-alpha= -8.226 (0.013)-----

S+p = -2.065 (0.020)
 S+n = -5.987 (0.018)
 S+2p = -5.079 (0.020)
 S+2n = -13.044 (0.012)
 S+alpha = 9.193 (0.033)

gap p = 0.000 (0.000)
 gap n = 1.719 (0.021)
 gap 2p = 1.591 (0.023)
 gap 2n = 1.247 (0.018)
 gap alpha = 0.967 (0.036)