

^{254}No $Z = 102$ $N = 152$ adopted link ENSDF link

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

BE = 1885.592 (0.010) MeV

Qbeta+ = 1.354 (0.010) MeV

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

S-alpha=	-8.226	(0.012)	-----		
254NO 1	0.000	0+			1 51.2 S 4
254NO 2	0.044	2+			2
254NO 3	0.145	4+			3
254NO 4	0.305	6+			4
254NO 5	0.519	8+			5
254NO 6	0.786	10+			6
254NO 7				0.988 (3+)	7
254NO 8				1.033 (4+)	8
254NO 9				1.091 (5+)	9
254NO 10	1.104	12+			10

254NO 11				1.160 (6+)	11
254NO 12				1.243 (7+)	12
254NO 13				1.296 (8-)	13 265 MS 2
254NO 14				1.408 (9-)	14
254NO 15	1.471	14+			15
254NO 16				1.531 (10-)	16

S-p = 3.778 (0.010)-----

S-n = 7.707 (0.012)-----

S-2p = 6.671 (0.011)-----

S-2n = 14.291 (0.013)-----

S-alpha= -8.226 (0.012)-----

S+p = -2.065 (0.020)

S+n = -5.983 (0.017)

S+2p = -5.079 (0.020)

S+2n = -13.043 (0.012)

S+alpha = 9.196 (0.019)

gap p = 1.713 (0.022)

gap n = 1.724 (0.021)

gap 2p = 1.592 (0.023)

gap 2n = 1.248 (0.018)

gap alpha = 0.970 (0.023)