

^{256}No $Z = 102$ $N = 154$ [link to full NNDC output](#)

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

BE = 1898.636 (0.008) MeV

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

S-alpha=	-8.582 (0.009)				
256No	1 0.000	0+			1 2.91 S 5

S-p = 4.310 (0.010)-----
S-n = 7.057 (0.017)-----
S-2p = 7.659 (0.008)-----
S-2n = 13.044 (0.012)-----
S-alpha= -8.582 (0.009)-----

S+p = 0.000 (0.000)
S+n = -5.646 (0.010)
S+2p = -6.059 (0.033)
S+2n = 0.000 (0.000)
S+alpha = 0.000 (0.000)

gap p = 0.000 (0.000)
gap n = 1.410 (0.020)
gap 2p = 1.599 (0.034)
gap 2n = 0.000 (0.000)
gap alpha = 0.000 (0.000)