

^{256}No $Z = 102$ $N = 154$ adopted link ENSDF link

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

BE = 1898.635 (0.008) MeV

Qbeta+ = 0.359 (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	= 4.308 (0.009)				
S-n	= 7.060 (0.016)				
S-2p	= 7.657 (0.008)				
S-2n	= 13.043 (0.012)				
S-alpha=	-8.582 (0.009)				

S+p	= -2.394 (0.008)				
S+n	= -5.647 (0.010)				
S+2p	= -6.057 (0.018)				
S+2n	= -12.371 (0.008)				
S+alpha	= 8.911 (0.260)				

gap p	= 1.914 (0.012)				
gap n	= 1.413 (0.019)				
gap 2p	= 1.601 (0.019)				
gap 2n	= 0.672 (0.014)				
gap alpha	= 0.329 (0.260)				