

$^{256}\text{No-1}$

The 7.8 μs isomer of ^{256}No was first observed in 2021 by K.Kessaci et al. at the Joint Institute for Nuclear Research, Dubna, Russia ([2021Ke10](#)).

[2021Ke10](#) K. Kessaci, B. J. P. Gall, O. Dorvaux, A. Lopez-Martens *et al.*, Phys. Rev. C **104**, 044609 (2021).

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