1608. Special Array With X Elements Greater Than or Equal X

You are given an array `nums` of non-negative integers. `nums` is considered **special** if there exists a number `x` such that there are **exactly** `x` numbers in `nums` that are **greater than or equal to** `x`.

Notice that `x` **does not** have to be an element in `nums`.

Return `x` *if the array is* ***special****, otherwise, return* `-1`. It can be proven that if `nums` is special, the value for `x` is **unique**.

Example 1:

```
Input: nums = [3,5]

Output: 2

Explanation: There are 2 values (3 and 5) that are greater than or equal to 2.
```

Example 2:

```
Input: nums = [0,0]

Output: -1

Explanation: No numbers fit the criteria for x.

If x = 0, there should be 0 numbers >= x, but there are 2.

If x = 1, there should be 1 number >= x, but there are 0.

If x = 2, there should be 2 numbers >= x, but there are 0.

x cannot be greater since there are only 2 numbers in nums.
```

Example 3:

```
Input: nums = [0,4,3,0,4]

Output: 3

Explanation: There are 3 values that are greater than or equal to 3.
```

Constraints:

- `1 <= nums.length <= 100`
- `0 <= nums[i] <= 1000`