

^{156}Hf $Z = 72$ $N = 84$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 1240.616 (0.150) MeV

Qbeta+ = 5.880 (0.159) MeV

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

S-alpha=	-6.026	(0.212)	-----				

156HF	1 0.000	0+				1 23 MS 1	
156HF	2 0.857	2+				2	
156HF	3 1.454	(2+)				3	
156HF	4 1.585	4+				4	
156HF	5 1.959	8+				5 0.52 MS 1	
156HF	6 2.000	6+				6	
156HF	7 2.222	(4+)				7	
S-2p	= 2.465	(0.151)	-----				
156HF	8 2.548	(6+)				8	
S-p	= 2.563	(0.151)	-----				
156HF	9 2.878	10+				9	
156HF	10			3.190	11-		10

156HF	11 3.337	(10+)				11	
156HF	12 3.678	12+				12	
156HF	13 3.816	(12+)				13	
156HF	14 3.997	(14+)				14	
156HF	15 4.265	14+				15	
156HF	16 4.384	(14+)				16	
156HF	17 4.483	(16+)				17	
156HF	18				4.591	18	
156HF	19				4.593	19	
156HF	20 4.813	(16+)				20	

156HF	21				5.019	21	

S-p	= 2.563	(0.151)	-----				
S-n	= 11.621	(0.344)	-----				
S-2p	= 2.465	(0.151)	-----				
S-2n	= 21.244	(0.342)	-----				
S-alpha=	-6.026	(0.212)	-----				

S+p	= 0.934	(0.212)					
S+n	= -9.104	(0.217)					
S+2p	= -0.474	(0.350)					
S+2n	= -20.426	(0.151)					
S+alpha	= 6.066	(0.212)					

gap p = 3.498 (0.260)
gap n = 2.517 (0.407)
gap 2p = 1.991 (0.381)
gap 2n = 0.819 (0.374)
gap alpha = 0.040 (0.300)