

^{153}Hf $Z = 72$ $N = 81$ adopted link ENSDF link

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

BE = 1205.946 (-0.306) MeV

Qbeta+ = 11.012 (0.341) MeV

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

S-alpha=	-3.473	(-0.427)			
153HF	1			0.000	1

S-p	=	1.194	(-0.342)		
S-n	=	0.000	(-0.000)		
S-2p	=	0.399	(-0.429)		
S-2n	=	0.000	(-0.000)		
S-alpha=	=	-3.473	(-0.427)		

S+p	=	0.000	(-0.000)		
S+n	=	-13.426	(-0.434)		
S+2p	=	0.000	(-0.000)		
S+2n	=	-23.049	(-0.436)		
S+alpha	=	5.246	(-0.562)		

gap p	=	0.000	(0.000)		
gap n	=	0.000	(0.000)		
gap 2p	=	0.000	(0.000)		
gap 2n	=	0.000	(0.000)		
gap alpha	=	1.773	(0.706)		