

^{154}Hf $Z = 72$ $N = 82$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 0.000 (0.000) MeV

	Energy	T	J+	J-	J-other	T1/2
154HF	1	0.000	0+			1 2 S 1
154HF	2				1.513 (2+)	2
154HF	3				2.011 (3-)	3
154HF	4				2.146 (5-)	4
154HF	5				2.457 (7-)	5
154HF	6				2.671 (8+)	6
154HF	7			2671+X		7 9 US 4