

^{154}Hf $Z = 72$ $N = 82$ adopted link ENSDF link

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

BE = 1219.372 (-0.308) MeV

Qbeta+ = 6.918 (0.344) MeV

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

S-alpha=	-3.674	(-0.430)			
154HF	1 0.000	0+			1 2 S 1
S-2p =	1.026	(-0.342)			
154HF	2			1.513 (2+)	2
S-p =	1.631	(-0.343)			
154HF	3			2.011 (3-)	3
154HF	4			2.146 (5-)	4
154HF	5			2.457 (7-)	5
154HF	6			2.671 (8+)	6

S-p = 1.631 (-0.343)-----
 S-n = 13.426 (-0.434)-----
 S-2p = 1.026 (-0.342)-----
 S-2n = 0.000 (-0.000)-----
 S-alpha= -3.674 (-0.430)-----

S+p = 1.382 (-0.437)
 S+n = -9.623 (-0.437)
 S+2p = 0.000 (-0.000)
 S+2n = -21.244 (-0.342)
 S+alpha = 6.578 (-0.441)

gap p = 3.013 (0.555)
 gap n = 3.803 (0.616)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.000 (0.000)
 gap alpha = 2.904 (0.616)