

^{156}Hf $Z = 72$ $N = 84$ [link to full NNDC output](#)

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

BE = 1240.613 (0.150) MeV

Qbeta+ = 5.883 (0.159) MeV

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

S-alpha=	-6.028	(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 =	2.463	(0.151)	-----					
156HF	8				2.548	(6+)		8
S-p =	2.561	(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 = 2.561 (0.151)-----
S-n = 0.000 (0.000)-----
S-2p = 2.463 (0.151)-----
S-2n = 0.000 (0.000)-----
S-alpha= -6.028 (0.212)-----

S+p = 0.935 (0.212)
S+n = 0.000 (0.000)
S+2p = 0.000 (0.000)
S+2n = -20.428 (0.151)
S+alpha = 6.066 (0.212)

gap p = 3.495 (0.260)
gap n = 0.000 (0.000)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.037 (0.299)