

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

Based on ENSDF from Oct 2022, 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)