

^{157}Hf $Z = 72$ $N = 85$ adopted link ENSDF link

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

BE = 1249.720 (-0.157) MeV

Qbeta+ = 7.588 (0.157) MeV

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

S-alpha=	-5.942	(-0.219)	-----		
157HF 1				0.000 (7/2-)	1 115 MS 1
157HF 2				0.111 (9/2-)	2
157HF 3				0.954 (13/2-)	3
157HF 4				1.590 (17/2-)	4
157HF 5				1.860 (21/2-)	5
157HF 6				2.294 (23/2-)	6

S-p =	2.442	(-0.166)	-----		
157HF 7				2.682 (23/2-)	7
157HF 8				2.706 (25/2-)	8
157HF 9				2.797	9
157HF 10				2.805 (27/2-)	10

157HF 11				2.875 (29/2+)	11 52 NS 12

S-2p =	2.927	(-0.158)	-----		
157HF 12				3.292 (29/2-)	12
157HF 13				3.561 (31/2-)	13
157HF 14				3.661 (31/2-)	14
157HF 15				3.938 (33/2-)	15
157HF 16				4.186 (33/2+)	16
157HF 17				4.217 (35/2-)	17
157HF 18				4.225 (37/2-)	18
157HF 19				4.758 (39/2)	19
157HF 20				4.798 (37/2+)	20

157HF 21				5.020 (41/2+)	21
157HF 22				5.416 (43/2)	22
157HF 23				5.815 (47/2)	23
157HF 24				6.107 (49/2)	24
157HF 25				6.499 (51/2)	25

S-p =	2.442	(-0.166)	-----		
S-n =	9.104	(-0.217)	-----		
S-2p =	2.927	(-0.158)	-----		
S-2n =	20.725	(-0.347)	-----		

S-alpha=	-5.942	(-0.219)	-----		

S+p =	0.414	(-0.223)			
S+n =	-11.322	(-0.158)			

S+2p = -1.133 (-0.355)
S+2n = -20.143 (-0.158)
S+alpha = 5.955 (-0.225)

gap p = 2.855 (0.278)
gap n = -2.218 (0.268)
gap 2p = 1.794 (0.388)
gap 2n = 0.582 (0.382)
gap alpha = 0.013 (0.314)