

$^{158}\text{Hf}$        $Z = 72$        $N = 86$       [link to full NNDC output](#)

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

BE = 1261.042 ( 0.018) MeV

Qbeta+ = 5.110 ( 0.023) MeV

	Energy T	J+	J-	J-other	T1/2
-----					
S-alpha=	-5.405	( 0.025)	-----		
158HF 1	0.000	0+			1 2.85 S 7
158HF 2	0.476	2+			2
158HF 3	1.033	4+			3
158HF 4	1.643	6+			4
158HF 5	2.259	8+			5
158HF 6	2.940	10+			6
S-p =	2.951	( 0.021)	-----		
158HF 7	2.982	10+			7
158HF 8				3.093 (11-)	8
S-2p =	3.415	( 0.020)	-----		
158HF 9	3.520	12+			9
158HF 10				3.904 (13-)	10
-----					
158HF 11	4.160	14+			11
158HF 12				4.591 (15-)	12
158HF 13	4.808	16+			13
158HF 14	4.918	16+			14
158HF 15				5.065 (17-)	15
158HF 16				5.249 (18+)	16
158HF 17				5.439 (18+)	17
158HF 18				5.667	18
158HF 19				5.779 (19-)	19
158HF 20				5.851 (19-)	20
-----					
158HF 21				6.011 (20+)	21
158HF 22				6.155 (20+)	22
158HF 23				6.462 (21-)	23
158HF 24				6.524 (22+)	24
158HF 25				6.885 (23-)	25
158HF 26				7.210 (24+)	26
158HF 27				7.268 (24+)	27
158HF 28				7.557 (26+)	28
158HF 29				7.597 (25-)	29
158HF 30				7.986	30
-----					
158HF 31				8.046	31
158HF 32				8.901	32
158HF 33				9.107	33

S-p	=	2.951 ( 0.021)	-----
S-n	=	0.000 ( 0.000)	-----
S-2p	=	3.415 ( 0.020)	-----
S-2n	=	20.428 ( 0.151)	-----
S-alpha	=	-5.405 ( 0.025)	-----
S+p	=	0.374 ( 0.026)	
S+n	=	-8.821 ( 0.024)	
S+2p	=	-1.802 ( 0.151)	
S+2n	=	-19.979 ( 0.020)	
S+alpha	=	5.678 ( 0.025)	
gap p	=	3.325 ( 0.034)	
gap n	=	0.000 ( 0.000)	
gap 2p	=	1.613 ( 0.152)	
gap 2n	=	0.449 ( 0.152)	
gap alpha	=	0.274 ( 0.035)	