

^{161}Hf $Z = 72$ $N = 89$ adopted link ENSDF link

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

BE = 1289.469 (0.023) MeV

Qbeta+ = 6.247 (0.036) MeV

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

S-alpha=	-4.679 (0.026)				
161HF	1			0.000 (7/2-)	1 18.4 S 4
161HF	2			0.127 (9/2-)	2
161HF	3			0.329 (13/2+)	3 4.8 US 2
161HF	4			0.662 (17/2+)	4
161HF	5			1.138 (21/2+)	5
161HF	6			1.419 (17/2-)	6
161HF	7			1.698 (25/2+)	7
161HF	8			1.969 (21/2-)	8
161HF	9			1.982	9
161HF	10			2.324 (29/2+)	10

161HF	11			2.399 (25/2-)	11
161HF	12			2.466	12
161HF	13			2.745 (27/2-)	13
161HF	14			2.872 (29/2-)	14
161HF	15			3.002 (33/2+)	15
161HF	16			3.095 (31/2-)	16
S-p	= 3.335 (0.061)				
161HF	17			3.359 (33/2-)	17
161HF	18			3.645 (35/2-)	18
161HF	19			3.730 (37/2+)	19
161HF	20			3.925 (37/2-)	20

161HF	21			4.278 (39/2-)	21
161HF	22			4.519 (41/2+)	22
161HF	23			4.572 (41/2-)	23
161HF	24			4.982 (43/2-)	24
S-2p	= 5.060 (0.029)				
161HF	25			5.274 (45/2+)	25
161HF	26			5.281 (45/2-)	26
161HF	27			5.792 (47/2-)	27
161HF	28			6.007 (49/2+)	28
161HF	29			6.082 (49/2-)	29
161HF	30			6.655 (51/2-)	30

161HF	31			6.790 (53/2+)	31
161HF	32			6.921 (53/2-)	32
161HF	33			7.488 (55/2-)	33
161HF	34			7.639 (57/2+)	34

161HF	35			7.681	(57/2-)	35
S-n	=	8.448	(0.025)	-----		
161HF	36			8.480	(61/2-)	36
161HF	37			8.553	(61/2+)	37
161HF	38			9.361	(65/2-)	38
161HF	39			9.531	(65/2+)	39
S-p	=	3.335	(0.061)	-----		
S-n	=	8.448	(0.025)	-----		
S-2p	=	5.060	(0.029)	-----		
S-2n	=	19.606	(0.029)	-----		
S-alpha	=	-4.679	(0.026)	-----		
S+p	=	-0.755	(0.068)			
S+n	=	-10.924	(0.025)			
S+2p	=	-3.171	(0.063)			
S+2n	=	-19.096	(0.035)			
S+alpha	=	5.030	(0.035)			
gap p	=	2.580	(0.091)			
gap n	=	-2.476	(0.036)			
gap 2p	=	1.889	(0.069)			
gap 2n	=	0.509	(0.045)			
gap alpha	=	0.350	(0.043)			