

^{162}Hf $Z = 72$ $N = 90$ adopted link ENSDF link

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

BE = 1300.393 (0.009) MeV

Qbeta+ = 3.663 (0.076) MeV

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

S-alpha=	-4.416	(0.012)	-----					
162HF	1 0.000	0+						1 39.4 S 9
162HF	2 0.285	2+						2 103 PS 8
162HF	3 0.729	4+						3
162HF	4 1.293	6+						4
162HF	5			1.649	5-			5
162HF	6			1.735	4-			6
162HF	7 1.940	8+						7
162HF	8			2.039	7-			8
162HF	9			2.118	6-			9
162HF	10			2.439	8-			10

162HF	11			2.489	9-			11
162HF	12			2.576	9-			12
162HF	13			2.623	10-			13
162HF	14 2.635	10+						14
162HF	15			2.819	11-			15
162HF	16			3.031	12-			16
162HF	17 3.185	12+						17
162HF	18			3.247	13-			18
162HF	19						3.386 (12+)	19
162HF	20 3.567	14+						20

162HF	21			3.580	14-			21
162HF	22			3.812	15-			22
S-p	= 3.895	(0.029)	-----					
162HF	23						3.997 (14+)	23
162HF	24 4.068	16+						24
162HF	25			4.238	16-			25
162HF	26			4.489	17-			26
162HF	27						4.555 (16+)	27
162HF	28 4.653	18+						28
162HF	29			4.974	18-			29
162HF	30						5.168 (18+)	30

162HF	31			5.251	19-			31
162HF	32 5.310	20+						32
S-2p	= 5.583	(0.011)	-----					
162HF	33			5.776	20-			33
162HF	34						5.807 (20+)	34

162HF	35	6.035	22+					35
162HF	36			6.065	21-			36
162HF	37					6.594	(22-)	37
162HF	38	6.828	24+					38
162HF	39			6.834	23-			39
162HF	40					7.422	(24-)	40

162HF	41			7.583	25-			41
162HF	42	7.689	26+					42
162HF	43					7.794		43
162HF	44					8.357	(27-)	44
162HF	45	8.483	28+					45
162HF	46					8.665		46
162HF	47					9.185	(29-)	47
162HF	48	9.279	30+					48

S-p = 3.895 (0.029)-----
S-n = 10.924 (0.025)-----
S-2p = 5.583 (0.011)-----
S-2n = 19.372 (0.013)-----
S-alpha= -4.416 (0.012)-----

S+p = -0.655 (0.039)
S+n = -8.172 (0.027)
S+2p = -3.645 (0.013)
S+2n = -18.793 (0.018)
S+alpha = 4.856 (0.013)

gap p = 3.240 (0.049)
gap n = 2.752 (0.037)
gap 2p = 1.938 (0.017)
gap 2n = 0.580 (0.022)
gap alpha = 0.440 (0.018)