

^{162}Hf $Z = 72$ $N = 90$ [link to full NNDC output](#)

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

BE = 1300.394 (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	= 3.896	(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	= 5.584	(0.011)	-----		
162HF 33			5.776	20-	33
162HF 34				5.807 (20+)	34

