

$^{175}\text{Hf}$        $Z = 72$        $N = 103$       adopted link      ENSDF link

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

BE = 1410.634 ( 0.002) MeV

Qbeta+ = 0.684 ( 0.003) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-2.400	( 0.002)	-----		
175HF 1				0.000 5/2(-)	1 70 D 2
175HF 2				0.081 7/2(-)	2
175HF 3			0.126 1/2-		3 53.7 US 15
175HF 4				0.186 9/2(-)	4
175HF 5			0.196 3/2-		5
175HF 6				0.207 (7/2+)	6 1.55 NS 9
175HF 7			0.213 5/2-		7
175HF 8				0.258 (9/2+)	8
175HF 9				0.312 (11/2-)	9
175HF 10				0.335 (11/2+)	10
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175HF 11			0.348 7/2-		11
175HF 12				0.375 (7/2-)	12
175HF 13				0.406 (9/2-)	13
175HF 14				0.436 (13/2+)	14
175HF 15				0.461 (13/2-)	15
175HF 16				0.475 (9/2-)	16
175HF 17				0.566 (15/2+)	17
175HF 18				0.629 (11/2-)	18
175HF 19				0.630 (15/2-)	19
175HF 20				0.644 (9/2+)	20
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175HF 21				0.655 (11/2-)	21
175HF 22				0.698 (13/2-)	22
175HF 23				0.711 (17/2+)	23
175HF 24				0.733 (5/2+)	24
175HF 25				0.797 (11/2+)	25
175HF 26				0.807 (7/2+)	26
175HF 27				0.819 (17/2-)	27
175HF 28				0.867 (1/2-)	28
175HF 29				0.897 (19/2+)	29
175HF 30				0.910 (3/2-)	30
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175HF 31				0.941 (3/2-)	31
175HF 32				0.966 (13/2+)	32
175HF 33				0.998 (1/2-, 3/2-)	33
175HF 34				1.026 (15/2-)	34
175HF 35				1.027 (19/2-)	35
175HF 36				1.056 (7/2-)	36

175HF	37			1.060	(5/2,7/2,9/2)	37			
175HF	38			1.066		38			
175HF	39			1.076	(21/2+)	39			
175HF	40			1.081	(7/2-)	40			
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175HF	41			1.082	(17/2-)	41			
175HF	42			1.124	(7/2,9/2)	42			
175HF	43			1.139	(9/2-)	43			
175HF	44			1.156	(15/2+)	44			
175HF	45			1.206	(9/2-)	45			
175HF	46			1.225	(7/2-)	46			
175HF	47			1.249	(9/2-)	47			
175HF	48			1.254	(21/2-)	48			
175HF	49			1.323	(23/2+)	49			
175HF	50			1.339	(17/2+)	50			
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175HF	51			1.375	(1/2,3/2)	51			
175HF	52			1.433	(19/2)+	52	1.10	US	8
175HF	53			1.456	(1/2,3/2)	53			
175HF	54			1.466	(7/2+)	54			
175HF	55			1.469	(5/2-)	55			
175HF	56			1.478	(19/2-)	56			
175HF	57			1.497	(23/2-)	57			
175HF	58			1.523	(25/2+)	58			
175HF	59			1.546	(21/2+)	59			
175HF	60			1.547	(21/2-)	60			
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175HF	61			1.584		61			
175HF	62			1.606	(9/2+)	62			
175HF	63			1.635		63			
175HF	64			1.643	(1/2,3/2)	64			
175HF	65			1.647	(21/2+)	65			
175HF	66			1.659	(5/2+,7/2+)	66			
175HF	67			1.671		67			
175HF	68			1.736	(23/2+)	68			
175HF	69			1.747	(5/2+,7/2+,9/2+)	69			
175HF	70			1.757	(25/2-)	70			
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175HF	71			1.766	(23/2-)	71	1.16	NS	11
175HF	72			1.793	(5/2+)	72			
175HF	73			1.803	(9/2-)	73			
175HF	74			1.818	(9/2+)	74			
175HF	75			1.826	(7/2+)	75			
175HF	76			1.837	(27/2+)	76			
175HF	77			1.888		77			
175HF	78			1.894	(9/2+)	78			
175HF	79			1.904	(25/2-)	79			
175HF	80			1.954	(25/2+)	80			
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175HF	81			2.000	(23/2-)	81			

175HF 82			2.033	(27/2-)	82			
175HF 83			2.047	(29/2+)	83			
175HF 84			2.082	(25/2-)	84			
175HF 85			2.114	(27/2-)	85			
175HF 86			2.196	(27/2+)	86			
175HF 87			2.322	(29/2-)	87			
175HF 88			2.360	(29/2-)	88			
175HF 89			2.432	(31/2+)	89			
175HF 90			2.459	(29/2+)	90			
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175HF 91			2.580	(27/2-)	91			
175HF 92			2.628	(31/2-)	92			
175HF 93			2.634	(31/2-)	93			
175HF 94			2.640	(33/2+)	94			
175HF 95			2.678	(29/2-)	95			
175HF 96			2.742	(31/2+)	96			
175HF 97			2.933	(33/2-)	97			
175HF 98			2.941	(33/2-)	98			
175HF 99			3.016	(35/2-)	99	1.21	US	15
175HF 100			3.044	(33/2+)	100			
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175HF 101			3.102	(35/2+)	101			
175HF 102			3.201	(31/2-)	102			
175HF 103			3.254	(35/2-)	103			
175HF 104			3.294	(37/2+)	104			
175HF 105			3.306	(37/2-)	105			
175HF 106			3.326	(33/2-)	106			
175HF 107			3.594	(37/2-)	107			
175HF 108			3.630	(39/2-)	108			
175HF 109			3.725	(31/2-)	109			
175HF 110			3.820	(39/2+)	110	7	NS	AP
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175HF 111			3.836	(39/2+)	111			
175HF 112			3.856	(35/2-)	112			
175HF 113			3.952	(39/2-)	113			
175HF 114			3.978	(41/2-)	114			
175HF 115			4.001	(41/2+)	115			
175HF 116			4.019	(37/2-)	116			
175HF 117			4.156	(35/2-)	117			
175HF 118			4.157	(41/2+)	118			
175HF 119			4.345	(43/2-)	119			
175HF 120			4.487	(39/2-)	120			
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175HF 121			4.505	(43/2+)	121			
175HF 122			4.626	(43/2+)	122			
175HF 123			4.636	(45/2+)	123	2.8	US	
175HF 124			4.645	(39/2-)	124			
175HF 125			4.728	(45/2-)	125			
175HF 126			4.748	(41/2-)	126			
175HF 127			4.756	(45/2+)	127			

175HF 128			5.124	(47/2-)	128		
175HF 129			5.171	(43/2-)	129		
175HF 130			5.194	(43/2-)	130		
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175HF 131			5.458	(47/2+)	131		
175HF 132			5.517	(45/2-)	132		
175HF 133			5.532	(49/2-)	133		
175HF 134			5.556	(49/2+)	134		
175HF 135			5.786	(47/2-)	135		
175HF 136			5.949	(51/2-)	136		
S-p	=	6.201	( 0.003)	-----			
175HF 137			6.315	(51/2+)	137		
175HF 138			6.330	(49/2-)	138		
175HF 139			6.372	(53/2-)	139		
175HF 140			6.403	(53/2+)	140		
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175HF 141			6.444	(51/2-)	141		
175HF 142			6.510	(53/2+)	142	7 NS	LE
S-n	=	6.708	( 0.003)	-----			
175HF 143			6.794	(55/2-)	143		
175HF 144			7.161	(55/2-)	144		
175HF 145			7.181	(55/2+)	145		
175HF 146			7.191	(53/2-)	146		
175HF 147			7.300	(57/2+)	147		
175HF 148			7.455	(57/2-)	148	7 NS	GT
175HF 149			7.937	(59/2-)	149		
175HF 150			8.052	(59/2+)	150		
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175HF 151			8.087	(57/2-)	151		
175HF 152			8.249	(61/2+)	152		
175HF 153			8.773	(63/2-)	153		
175HF 154			8.946	(63/2+)	154		
175HF 155			9.246	(65/2+)	155		
175HF 156			9.668	(67/2-)	156		
175HF 157			9.890	(67/2+)	157		
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S-p	=	6.201	( 0.003)	-----			
S-n	=	6.708	( 0.003)	-----			
S-2p	=	11.509	( 0.002)	-----			
S-2n	=	15.213	( 0.028)	-----			
S-alpha	=	-2.400	( 0.002)	-----			
S+p	=	-4.172	( 0.031)				
S+n	=	-8.166	( 0.003)				
S+2p	=	-9.798	( 0.028)				
S+2n	=	-14.542	( 0.003)				
S+alpha	=	2.762	( 0.015)				
gap p	=	2.028	( 0.031)				

gap n = -1.457 ( 0.004)  
gap 2p = 1.711 ( 0.028)  
gap 2n = 0.671 ( 0.028)  
gap alpha = 0.362 ( 0.015)