

^{179}Hf $Z = 72$ $N = 107$ adopted link ENSDF link

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

BE = 1438.900 (0.001) MeV

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

S-alpha=	-1.808	(0.001)	-----		
179HF 1	0.000	9/2+			1 STABLE
179HF 2	0.123	11/2+			2 37 PS 3
179HF 3			0.214	7/2-	3 1.85 NS 4
179HF 4	0.269	13/2+			4 21 PS 3
179HF 5			0.338	9/2-	5
179HF 6			0.375	1/2-	6 18.67 S 4
179HF 7			0.421	3/2-	7
179HF 8	0.439	15/2+			8
179HF 9			0.476	5/2-	9
179HF 10				0.488 (11/2-)	10

179HF 11			0.518	5/2-	11 0.2 NS LT
179HF 12			0.582	7/2-	12
179HF 13			0.614	1/2-	13 0.50 NS 15
179HF 14			0.617	7/2-	14
179HF 15	0.631	17/2+			15
179HF 16				0.664 (13/2-)	16
179HF 17			0.680	3/2-	17
179HF 18			0.681	9/2-	18
179HF 19			0.701	5/2-	19
179HF 20			0.721	3/2-	20 0.3 NS LE

179HF 21				0.732	21
179HF 22			0.743	9/2-	22
179HF 23			0.788	5/2-	23
179HF 24			0.843	11/2-	24
179HF 25	0.848	19/2+			25
179HF 26			0.849	7/2-	26
179HF 27				0.866 (15/2-)	27
179HF 28			0.870	7/2-	28
179HF 29				0.889	29
179HF 30			0.897	11/2-	30

179HF 31			0.912	9/2-	31
179HF 32			0.936	7/2-	32
179HF 33				0.959	33
179HF 34			0.986	13/2-	34
179HF 35				0.992 (9/2-)	35
179HF 36	1.004	5/2+			36
179HF 37				1.024	37

179HF	38				1.031	9/2-					38
179HF	39				1.074	7/2-					39
179HF	40							1.075	(5/2-)		40

179HF	41				1.077	13/2-					41
179HF	42							1.078	(7/2)+		42
179HF	43							1.080			43
179HF	44		1.085	21/2+							44
179HF	45							1.088			45
179HF	46							1.093	(17/2-)		46
179HF	47				1.106	25/2-					47 25.05 D 25
179HF	48							1.106	(7/2+)		48
179HF	49		1.121	9/2+							49
179HF	50							1.139			50

179HF	51		1.150	1/2+							51
179HF	52							1.162			52
179HF	53							1.169	(9/2+)		53
179HF	54							1.176	(9/2+)		54
179HF	55		1.186	3/2+							55
179HF	56				1.196	15/2-					56
179HF	57							1.198	(7/2-)		57
179HF	58							1.200	(7/2+)		58
179HF	59		1.235	5/2+							59
179HF	60				1.250	3/2-					60

179HF	61				1.256	11/2-					61
179HF	62				1.269	3/2-					62
179HF	63							1.283	(11/2+)		63
179HF	64				1.284	15/2-					64
179HF	65							1.297	(3/2-, 5/2, 7/2-)		65
179HF	66							1.310	(17/2+)		66 3 NS 1
179HF	67				1.314	5/2-					67
179HF	68							1.344	(19/2-)		68
179HF	69							1.345	+		69
179HF	70							1.349	(9/2-)		70

179HF	71		1.351	23/2+							71
179HF	72							1.359	(13/2)+		72
179HF	73							1.372	(17/2+)		73
179HF	74				1.375	7/2-					74
179HF	75				1.382	17/2-					75
179HF	76							1.387			76
179HF	77							1.393	(27/2-)		77
179HF	78							1.405	(23/2+)		78 4 NS 1

S-p = 7.414 (0.003)-----
S-n = 6.099 (0.002)-----
S-2p = 14.055 (0.001)-----

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S-2n = 13.725 ( 0.002)-----  
S-alpha= -1.808 ( 0.001)-----  
  
S+p = -5.760 ( 0.003)  
S+n = -7.388 ( 0.002)  
S+2p = -12.349 ( 0.002)  
S+2n = -13.083 ( 0.002)  
S+alpha = 1.673 ( 0.002)  
  
gap p = 1.655 ( 0.004)  
gap n = -1.289 ( 0.003)  
gap 2p = 1.706 ( 0.002)  
gap 2n = 0.642 ( 0.003)  
gap alpha = -0.135 ( 0.002)
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