

^{182}Hf $Z = 72$ $N = 110$ [link to full NNDC output](#)

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

BE = 1458.700 (0.006) MeV

Qbeta- = 0.380 (0.006) MeV

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

S-alpha=	-1.221	(0.012)	-----		
182HF	1 0.000	0+			1 8.90E+6 Y 9
182HF	2 0.098	2+			2
182HF	3			0.322 (4+)	3
182HF	4			0.666 (6+)	4
182HF	5			0.818 (1,2+)	5
182HF	6			0.906	6
182HF	7			1.022	7
182HF	8			1.034 (0+)	8
182HF	9			1.122 (8+)	9
182HF	10			1.173 (8-)	10 61.5 M 15

182HF	11			1.265 (0+)	11
182HF	12			1.419 (9-)	12
182HF	13			1.465	13
182HF	14			1.497	14
182HF	15			1.590	15
182HF	16			1.680 (10+)	16
182HF	17			1.692 (10-)	17
182HF	18			1.724	18
182HF	19			1.829	19
182HF	20			1.885	20

182HF	21			1.915	21
182HF	22			1.988 (11-)	22
182HF	23			2.214	23
182HF	24			2.280	24
182HF	25			2.307 (12-)	25
182HF	26			2.332 (12+)	26
182HF	27			2.571 (13+)	27 40 US 10
182HF	28			2.649 (13-)	28
182HF	29			3.010 (14-)	29
182HF	30			3.065 (14+)	30

182HF	31			3.869 (16+)	31
182HF	32			4.734 (18+)	32

S-p = 8.541 (0.126)-----

S-n = 6.718 (0.006)-----

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S-2p = 0.000 ( 0.000)-----  
S-2n = 12.413 ( 0.006)-----  
S-alpha= -1.221 ( 0.012)-----  
  
S+p = -6.532 ( 0.006)  
S+n = -5.305 ( 0.031)  
S+2p = -14.234 ( 0.006)  
S+2n = -11.593 ( 0.040)  
S+alpha = 1.116 ( 0.006)  
  
gap p = 2.009 ( 0.126)  
gap n = 1.413 ( 0.031)  
gap 2p = 0.000 ( 0.000)  
gap 2n = 0.820 ( 0.041)  
gap alpha = -0.105 ( 0.013)
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