^{184}Hf $Z = 72$ $N = 112$ adopted link   ENSDF link

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

```
BE    =   1470.293 ( 0.040) MeV
Qbeta- =     1.340 ( 0.047) MeV
```

	Energy T	J+	J-	J-other		T1/2	
S-alpha= -0.883 (0.362)---
184HF 1 |	0.000	0+ |	|			1	4.12 H 5
184HF 2 |		|	|	0.107	(2+)	2	
184HF 3 |		|	|	0.350	(4+)	3	
184HF 4 |		|	|	0.717	(6+)	4	
184HF 5 |		|	|	1.199	(8+)	5	
184HF 6 |		|	|	1.272	(8-)	6 48 S	10

```
S-p   =    9.072 ( 0.089)----------------------------------------------------------------
S-n   =    6.287 ( 0.050)----------------------------------------------------------------
S-2p  =   17.205 ( 0.366)----------------------------------------------------------------
S-2n  =   11.593 ( 0.040)----------------------------------------------------------------
S-alpha= -0.883 ( 0.362)----------------------------------------------------------------

S+p      =  -7.184 ( 0.042)
S+n      =  -4.892 ( 0.076)
S+2p     = -15.587 ( 0.040)
S+2n     = -11.067 ( 0.065)
S+alpha  =   0.407 ( 0.040)

gap p    =    1.888 ( 0.099)
gap n    =    1.396 ( 0.090)
gap 2p   =    1.618 ( 0.368)
gap 2n   =    0.525 ( 0.076)
gap alpha =  -0.476 ( 0.364)
```