

$^{184}\text{Hf}$        $Z = 72$        $N = 112$       [link to full NNDC output](#)

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

BE = 1470.293 ( 0.040) MeV

Qbeta- = 1.340 ( 0.047) MeV

	Energy T	J+	J-	J-other	T1/2
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 = 6.288 ( 0.050)-----

S-2p = 0.000 ( 0.000)-----

S-2n = 11.593 ( 0.040)-----

S-alpha= 0.000 ( 0.000)-----

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 = 0.000 ( 0.000)

gap 2n = 0.525 ( 0.076)

gap alpha = 0.000 ( 0.000)