

¹⁸⁶Hf Z = 72 N = 114 [link to full NNDC output](#)

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

BE = 1481.360 (0.051) MeV

Qbeta- = 2.183 (0.079) MeV

	Energy T	J+	J-	J-other	T1/2
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186HF	1 0.000	0+			1 2.6 M 12

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

S-n = 6.176 (0.082)-----

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

S-2n = 11.067 (0.065)-----

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

S+p = -7.760 (0.076)

S+n = 0.000 (0.000)

S+2p = -16.822 (0.051)

S+2n = 0.000 (0.000)

S+alpha = -0.383 (0.065)

gap p = 0.000 (0.000)

gap n = 0.000 (0.000)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = 0.000 (0.000)