

$^{186}\text{Hf}$        $Z = 72$        $N = 114$       adopted link      ENSDF link

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

BE = 1481.360 ( 0.051) MeV

Qbeta- = 2.183 ( 0.079) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.023	( 0.368)	-----		
186HF	1   0.000	0+			1 2.6 M 12
186HF	2		2.968		2 20 S GT

S-p = 9.685 ( 0.374)-----  
 S-n = 6.176 ( 0.082)-----  
 S-2p = 18.376 ( 0.554)-----  
 S-2n = 11.067 ( 0.065)-----  
 S-alpha= -0.023 ( 0.368)-----

S+p = -7.760 ( 0.076)  
 S+n = -4.729 ( 0.194)  
 S+2p = -16.822 ( 0.051)  
 S+2n = -10.608 ( 0.379)  
 S+alpha = -0.369 ( 0.062)

gap p = 1.925 ( 0.381)  
 gap n = 1.447 ( 0.211)  
 gap 2p = 1.555 ( 0.557)  
 gap 2n = 0.460 ( 0.385)  
 gap alpha = -0.393 ( 0.373)