

^{189}Hf $Z = 72$ $N = 117$ adopted link ENSDF link

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

BE = 1496.313 (-0.378) MeV

Qbeta- = 4.751 (0.423) MeV

	Energy T	J+	J-	J-other	T1/2
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189HF	1			0.000	1

S-p = 10.549 (-0.533)-----

S-n = 4.345 (-0.533)-----

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

S-2n = 10.224 (-0.422)-----

S-alpha= 1.152 (-0.671)-----

S+p = -8.867 (-0.423)

S+n = -5.637 (-0.536)

S+2p = -18.591 (-0.380)

S+2n = 0.000 (-0.000)

S+alpha = -1.442 (-0.424)

gap p = 1.682 (0.681)

gap n = -1.292 (0.756)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = -0.290 (0.794)