

¹⁹⁰Hf Z = 72 N = 118 adopted link ENSDF link

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

BE = 1501.950 (-0.380) MeV

Qbeta- = 4.012 (0.425) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|-----------|--------------------|-------|-------|---------|-------|
| ----- | ----- | ----- | ----- | ----- | ----- |
| 190HF | 1 0.000 | 0+ | | | 1 |
| S-p | = 0.000 (-0.000) | ----- | ----- | ----- | ----- |
| S-n | = 5.637 (-0.536) | ----- | ----- | ----- | ----- |
| S-2p | = 0.000 (-0.000) | ----- | ----- | ----- | ----- |
| S-2n | = 9.982 (-0.535) | ----- | ----- | ----- | ----- |
| S-alpha | = 0.000 (-0.000) | ----- | ----- | ----- | ----- |
| S+p | = -9.051 (-0.539) | | | | |
| S+n | = 0.000 (-0.000) | | | | |
| S+2p | = -19.458 (-0.426) | | | | |
| S+2n | = 0.000 (-0.000) | | | | |
| S+alpha | = -2.160 (-0.543) | | | | |
| 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) | | | | |