

^{190}Hf $Z = 72$ $N = 118$ [link to full NNDC output](#)

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

BE = 0.000 (0.000) MeV

	Energy	T	J+	J-	J-other	T1/2

190HF	1	0.000	0+			1 160 NS GT