Adopted Levels

Type	Author	History Citation	Literature Cutoff Date
Full Evaluation	N. Nica	NDS 160, 1 (2019)	21-Oct-2019

Q(β^-)=−10242 (syst) *423*; S(n)=9571 (syst) *423*; S(p)=1744 (syst) *357*; Q(α)=4947 (syst) *423* 2017Wa10
Q(ε)=8375 (syst) *299*; S(2n)=23012 (syst) *423*; S(2p)=1540 (syst) *357*; Q(εp)=8473 (syst) *299* 2017Wa10

^{155}Hf Levels

Cross Reference (XREF) Flags

- A ^{156}Ta p decay (106 ms)
- B ^{156}Ta p decay (0.36 s)
- C ^{159}W α decay

E(level)	J^π	$T_{1/2}$	XREF	Comments
0.0	(7/2$^-$)	843 ms *30*	ABC	%ε+%β^+=100 J^π: from systematics, 2017Wa10 suggest J^π=7/2$^-$. 2011Sa59 observing the α decays from both low-lying 11/2$^-$ and 1/2$^+$ states in the ε daughter ^{155}Lu, confirm 7/2$^-$ excluding 9/2$^-$ (which would populate preferentially the 11/2$^-$ state in ^{155}Lu through a favored Gamow-Teller decay and only its α decay branch would be observed). $T_{1/2}$: weighted average of 890 ms *120* (1981Ho10, 1981HoZM) and 840 ms *30* (2011Sa59). %α: From systematics, 2017Wa10 report Q(α)=5020 *500*. For Q(α) ranging from 5500 to 4500, α systematics gives %α values ranging from ≈3 to 3.×10^{-8}. 1981HoZM report %α≈0.06, for Q(α)=4900.