

$^{254}\text{Lr-1}$

The 20.3 s isomer of ^{254}Lr was first observed in 2019 by M.Vostinar et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([2019Vo03](#)).

[2019Vo03](#) M. Vostinar, F. P. Hessberger, D. Ackermann, B. Andel *et al.*, Eur. Phys. J. A **55**, 17 (2019).

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