

⁵³Co-1

The 250 ms isomer of ⁵³Co was first observed in 1970 by K.P.Jackson et al. at the Harwell Scientific Research Center, Chilton, UK ([1970Ja22](#)).

[1970Ja22](#) K. P. Jackson, C. U. Cardinal, H. C. Evans, N. A. Jelley, and J. Cerny, Phys. Lett. B **33**, 281 (1970).

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