

$^{119}\text{Cs-1}$

The 30.4 s isomer of ^{119}Cs was first observed in 1978 by C.Ekstrom et al. at CERN, Geneva, Switzerland ([1978Ek03](#)).

[1978Ek03](#) C. Ekstrom, G. Wannberg, J. Heinemeier, and The ISOLDE Collaboration, Phys. Lett. B **76**, 565 (1978).

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