

$^{124}\text{La-1}$

The 21 s isomer of ^{124}La was first observed in 1997 by M.Asai et al. at the Japan Atomic Energy Research Institute, Tokai, Japan ([1997As05](#)).

[1997As05](#) M. Asai, T. Sekine, A. Osa, M. Koizumi *et al.*, Phys. Rev. C **56**, 3045 (1997).

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