

¹³⁶La-1

The 114 ms isomer of ¹³⁶La was first observed in 1966 by V.T.Gritsyna et al. at the Physico-Technical Institute, Kharkiv, Ukraine ([1966Gr19](#)).

[1966Gr19](#) V. T. Gritsyna, A. P. Klyucharev, and V. V. Remaev, *Sov. J. Nucl. Phys.* **3**, 993 (1966).

Please cite this abstract as: “FRIB Nuclear Data Group, *Discovery of Nuclides Project*, Isomer Database, doi:[10.11578/frib/2572219](https://doi.org/10.11578/frib/2572219)”