

¹³⁶La-2

The 187 ns isomer of ¹³⁶La was first observed in 2015 by H.Nishibata et al. at Osaka University, Osaka, Japan ([2015Ni05](#)).

[2015Ni05](#) H. Nishibata, R. Leguillon, A. Odahara, T. Shimoda *et al.*, Erratum Phys. Rev. C **95**, 029902 (2017).

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)”