

¹³⁷La-1

The 342 ns isomer of ¹³⁷La was first observed in 1982 by M.Kortelahti et al. at the University of Jyväskylä, Jyväskylä, Finland ([1982Ko05](#)).

[1982Ko05](#) M. Kortelahti, A. Pakkanen, M. Piiparinen, T. Komppa, and R. Komu, Nucl. Phys. A **376**, 1 (1982).

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