

### $^{139}\text{La-1}$

The 315 ns isomer of  $^{139}\text{La}$  was first observed in 2012 by A.Astier et al. at the Laboratori Nazionali di Legnaro, Legnaro, Italy ([2012As06](#)).

[2012As06](#) A. Astier, M. G. Porquet, Ts. Venkova, D. Verney *et al.*, Phys. Rev. C **85**, 064316 (2012).

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