

¹⁴⁶La-1

The 6.08 s isomer of ¹⁴⁶La was first observed in 1979 by U.Keyser et al. at the Institut von Laue-Langevin, Grenoble, France ([1979Ke02](#)).

[1979Ke02](#) U. Keyser, H. Berg, F. Munnich, K. Hawerkamp *et al.*, *Z. Phys. A* **289**, 407 (1979).

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)”