

¹⁴⁴Sm-1

The 880 ns isomer of ¹⁴⁴Sm was first observed in 1972 by J.Kownacki et al. at the Research Institute of Physics, Stockholm, Sweden ([1972Ko42](#)).

[1972Ko42](#) J. Kownacki, H. Ryde, V. O. Sergejev, and Z. Sujkowski, Nucl. Phys. A **196**, 498 (1972).

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