

$^{153}\text{Tb-1}$

The 186 μs isomer of ^{153}Tb was first observed in 1965 by V.T.Gritsyna and H.H.Forster at the University of Southern California, Los Angeles, California ([1965Gr04](#)).

[1965Gr04](#) V. T. Gritsyna and H. H. Forster, Nucl. Phys. **61**, 129 (1965).

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