

$^{140}\text{Dy-1}$

The 7 μs isomer of ^{140}Dy was first observed in 2002 by W.Krolas et al. at Oak Ridge National Laboratory, Tennessee ([2002Kr04](#)).

[2002Kr04](#) W. Krolas, R. Grzywacz, K. P. Rykaczewski, J. C. Batchelder *et al.*, Phys. Rev. C **65**, 031303 (2002).

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