

### **$^{144}\text{Ho-1}$**

The 519 ns isomer of  $^{144}\text{Ho}$  was first observed in 2001 by C.Scholey et al. at the University of Jyväskylä, Jyväskylä, Finland ([2001Sc09](#)).

[2001Sc09](#) C. Scholey, D. M. Cullen, E. S. Paul, A. J. Boston *et al.*, Phys. Rev. C **63**, 034321 (2001).

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