

$^{149}\text{Ho-1}$

The 56 s isomer of ^{149}Ho was first observed in 1989 by R. Menegazzo et al. at CERN, Geneva, Switzerland ([1989Me13](#)).

[1989Me13](#) R. Menegazzo, H. Guven, J. Styczen, N. Roy *et al.*, *Z. Phys. A* **334**, 525 (1989).

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