

¹⁵³Ho-2

The 229 ns isomer of ¹⁵³Ho was first observed in 1980 by J.Jastrzebski et al. at the Institut von Laue-Langevin, Grenoble, France ([1980Ja16](#)).

[1980Ja16](#) J. Jastrzebski, R. Kossakowski, J. Lukasiak, M. Moszynski *et al.*, Phys. Lett. B **97**, 50 (1980).

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