

### **$^{154}\text{Ho-1}$**

The 3.1 m isomer of  $^{154}\text{Ho}$  was first observed in 1968 by D.Ward and M.Neiman at Lawrence Berkeley National Laboratory, Berkeley, California ([1968Wa12](#)).

[1968Wa12](#) D. Ward and M. Neiman, Nucl. Phys. A **115**, 529 (1968).

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