

**$^{159}\text{Ho-1}$**

The 8.3 s isomer of  $^{159}\text{Ho}$  was first observed in 1965 by T.Stenstrom and B.Jung at the University of Uppsala, Uppsala, Sweden ([1965St08](#)).

[1965St08](#) T. Stenstrom and B. Jung, Nucl. Phys. **64**, 209 (1965).

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