

¹⁶⁰Ho-2

The ~ 3 s isomer of ¹⁶⁰Ho was first observed in 1988 by R.K.Bhowmik et al. at the Variable Energy Cyclotron Centre, Kolkata, India ([1988Bh05](#)).

[1988Bh05](#) R. K. Bhowmik, A. Chakrabarti, S. K. Saha, S. K. Basu, and B. Sethi, Phys. Rev. C **37**, 2894 (1988).

Please cite this abstract as: “FRIB Nuclear Data Group, *Discovery of Nuclides Project*, Isomer Database, doi:[10.11578/frib/2572219](https://doi.org/10.11578/frib/2572219)”