

$^{162}\text{Ho-1}$

Isomerism was first established in ^{162}Ho by M.Jorgensen et al. in 1961 at the Niels Bohr Institute, Copenhagen, Denmark ([1961Jo10](#)). The 67 m isomeric level by itself had been measured earlier ([1957Mi67](#)).

[1957Mi67](#) J. W. Mihelich, B. Harmatz, and T. H. Handley, Phys. Rev. **108**, 989 (1957).

[1961Jo10](#) M. Jorgensen, O. B. Nielsen, and O. Skilbreid, Nucl. Phys. **24**, 443 (1961).

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