

**$^{163}\text{Ho-1}$**

The 1.09 s isomer of  $^{163}\text{Ho}$  was first observed in 1957 by C.L.Hammer and M.G.Stewart at Iowa State University, Ames, Iowa ([1957Ha12](#)).

[1957Ha12](#) C. L. Hammer and M. G. Stewart, Phys. Rev. **106**, 1001 (1957).

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