

$^{163}\text{Ho-2}$

The 800 ns isomer of ^{163}Ho was first observed in 2012 by T.P.D.Swan et al. at The Australian National University, Canberra, Australia ([2012Sw01](#)).

[2012Sw01](#) T. P. D. Swan, P. M. Walker, Zs. Podolyak, M. W. Reed *et al.*, Phys. Rev. C **85**, 024313 (2012).

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)”