

$^{164}\text{Ho-1}$

The 36.6 m isomer of ^{164}Ho was first observed in 1966 by M.H.Jorgensen et al. at the Niels Bohr Institute, Copenhagen, Denmark ([1966Jo07](#)).

[1966Jo07](#) M. H. Jorgensen, O. B. Nielsen, and O. Skilbreid, Nucl. Phys. **84**, 569 (1966).

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