

### <sup>168</sup>Ho-3

The 108 ns isomer of <sup>168</sup>Ho was first observed in 1990 by R.M.Chasteler et al. at Lawrence Berkeley National Laboratory, Berkeley, California ([1990Ch37](#)).

[1990Ch37](#) R. M. Chasteler, J. M. Nitschke, R. B. Firestone, K. S. Vierinen, and P. A. Wilmarth, Phys. Rev. C **42**, R1796 (1990).

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