

$^{153}\text{Er-1}$

The 373 ns isomer of ^{153}Er was first observed in 1979 by D.C.J.M.Hageman et al. at the Rijksuniversiteit, Groningen, Netherlands ([1979Ha29](#)).

[1979Ha29](#) D. C. J. M. Hageman, M. J. A. de Voigt, and J. F. W. Jansen, Phys. Lett. B **84**, 301 (1979).

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