

$^{160}\text{Tm-1}$

The 74.5 s isomer of ^{160}Tm was first observed in 1983 by B.Singh et al. at McGill University, Montreal, Canada ([1983Si20](#)).

[1983Si20](#) B. Singh, A. Kogan, and S. K. Mark, Phys. Rev. C **28**, 2118 (1983).

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