

$^{161}\text{Tm-1}$

The 110 ns isomer of ^{161}Tm was first observed in 1981 by I.Adam et al. at the Joint Institute for Nuclear Research, Dubna, Russia ([1981Ad02](#)).

[1981Ad02](#) I. Adam, M. Honusek, Z. Hons, V. V. Kuznetsov *et al.*, Nucl. Phys. A **356**, 129 (1981).

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