

$^{163}\text{Tm-1}$

The 380 ns isomer of ^{163}Tm was first observed in 1975 by I.Adam et al. at the Joint Institute for Nuclear Research, Dubna, Russia ([1975Ad09](#)).

[1975Ad09](#) I. Adam, K. Y. Gromov, M. Honusek, T. A. Islamov *et al.*, Nucl. Phys. A **254**, 63 (1975).

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