

$^{164}\text{Tm-1}$

The 5.1 m isomer of ^{164}Tm was first observed in 1971 by F.W.N.de Boer et al. at Instituut voor Kernfysisch Onderzoek, Amsterdam, Netherlands ([1971De22](#)).

[1971De22](#) F. W. N. de Boer, P. F. A. Goudsmit, P. Koldewijn, and B. J. Meijer, Nucl. Phys. A **169**, 577 (1971).

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