

$^{154}\text{Hf-1}$

The 9 μs isomer of ^{154}Hf was first observed in 1989 by J.H.McNeill et al. at the Daresbury Laboratory, Warrington, UK ([1989Mc07](#)).

[1989Mc07](#) J. H. McNeill, J. Blomqvist, A. A. Chishti, P. J. Daly *et al.*, Phys. Rev. Lett. **63**, 860 (1989).

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