

¹⁵⁵Hf-1

The 510 ns isomer of ¹⁵⁵Hf was first observed in 2024 by B. Alayed et al. at the University of Jyväskylä, Jyväskylä, Finland
([2024A120](#)).

[2024A120](#) B. Alayed, R. D. Page, D. T. Joss, J. Uusitalo *et al.*, Phys. Rev. C **110**, 034303 (2024).

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