

¹⁵⁶Hf-1

The 480 μ s isomer of ¹⁵⁶Hf was first observed in 1989 by S.Hofmann et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([1989Ho12](#)).

[1989Ho12](#) S. Hofmann, P. Armbruster, G. Berthes, T. Faestermann *et al.*, Z. Phys. A **333**, 107 (1989).

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