

$^{176}\text{Hf-3}$

The 401 μs isomer of ^{176}Hf was first observed in 1975 by T.L.Khoo et al. at Michigan State University, East Lansing, Michigan ([1975Kh04](#)).

[1975Kh04](#) T. L. Khoo, F. M. Bernthal, R. A. Warner, G. F. Bertsch, and G. Hamilton, Phys. Rev. Lett. **35**, 1256 (1975).

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