

$^{178}\text{Hf-2}$

The 31 y isomer of ^{178}Hf was first observed in 1968 by R.G.Helmer and C.W.Reich at the National Reactor Testing Station, Idaho Falls, Idaho ([1968He10](#)).

[1968He10](#) R. G. Helmer and C. W. Reich, Nucl. Phys. A **114**, 649 (1968).

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