

¹⁸⁰Hf-3

The 570 ns isomer of ¹⁸⁰Hf was first observed in 1999 by R.D'Alarcao et al. at Argonne National Laboratory, Argonne, Illinois ([1999Da09](#)).

[1999Da09](#) R. D'Alarcao, P. Chowdhury, E. H. Seabury, P. M. Walker *et al.*, Phys. Rev. C **59**, R1227 (1999).

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