

¹⁸⁰Hf-4

The 940 ns isomer of ¹⁸⁰Hf was first observed in 2016 by S.K.Tandel et al. at Argonne National Laboratory, Argonne, Illinois ([2016Ta23](#)).

[2016Ta23](#) S. K. Tandel, P. Chowdhury, F. G. Kondev, R. V. F. Janssens *et al.*, Phys. Rev. C **94**, 064304 (2016).

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