

¹⁸¹Hf-3

The $\sim 100 \mu\text{s}$ isomer of ^{181}Hf was first observed in 2001 by I. Shestakova et al. at Argonne National Laboratory, Argonne, Illinois ([2001Sh36](#)).

[2001Sh36](#) I. Shestakova, G. Mukherjee, P. Chowdhury, R. D'Alarcao *et al.*, Phys. Rev. C **64**, 054307 (2001).

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