

¹⁸³Hf-1

The 40 s isomer of ¹⁸³Hf was first observed in 2010 by M.W.Reed et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([2010Re07](#)).

[2010Re07](#) M. W. Reed, I. J. Cullen, P. M. Walker, Yu. A. Litvinov *et al.*, Phys. Rev. Lett. **105**, 172501 (2010).

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