

$^{156}\text{Ta-1}$

The 360 ms isomer of ^{156}Ta was first observed in 1993 by K.Livingston et al. at the Daresbury Laboratory, Warrington, UK ([1993Li34](#)).

[1993Li34](#) K. Livingston, P. J. Woods, T. Davinson, N. J. Davis *et al.*, Phys. Rev. C **48**, R2151 (1993).

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