

$^{157}\text{Ta-1}$

The 4.3 ms isomer of ^{157}Ta was first observed in 1979 by S.Hofmann et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([1979Ho10](#)).

[1979Ho10](#) S. Hofmann, W. Faust, G. Munzenberg, W. Reisdorf *et al.*, Z. Phys. A **291**, 53 (1979).

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