

$^{190}\text{W-1}$

The 166 μs isomer of ^{190}W was first observed in 2000 by Zs.Podolyak et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([2000Po26](#)).

[2000Po26](#) Zs. Podolyak, P. H. Regan, M. Pfutzner, J. Gerl *et al.*, Phys. Lett. B **491**, 225 (2000).

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