

¹⁹¹W-1

The 340 ns isomer of ¹⁹¹W was first observed in 2009 by N.Alkhomashi et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([2009A130](#)).

[2009A130](#) N. Alkhomashi, P. H. Regan, Zs. Podolyak, S. Pietri *et al.*, Phys. Rev. C **80**, 064308 (2009).

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