

### **$^{209}\text{Po-1}$**

The 119 ns isomer of  $^{209}\text{Po}$  was first observed in 1974 by I. Bergstrom et al. at the Research Institute of Physics, Stockholm, Sweden ([1974Be74](#)).

[1974Be74](#) I. Bergstrom, J. Blomqvist, C. J. Herrlander, K. Wikstrom, and B. Fant, Phys. Scr. **10**, 287 (1974).

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