

$^{210}\text{Ra-1}$

The 2.29 μs isomer of ^{210}Ra was first observed in 2004 by F.P.Hessberger et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([2004He25](#)).

[2004He25](#) F. P. Hessberger, S. Hofmann, I. Kojouharov, and D. Ackermann, Eur. Phys. J. A **22**, 253 (2004).

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