

## $^{219}\text{Ra-1}$

The 10 ms isomer of  $^{219}\text{Ra}$  was first observed in 2018 by A.Saamark-Roth et al. at the Gesellschaft für Schwerionenforschung, Darmstadt, Germany ([2018Sa45](#)).

[2018Sa45](#) A. Saamark-Roth, L. G. Sarmiento, D. Rudolph, J. Ljungberg *et al.*, Phys. Rev. C **98**, 044307 (2018).

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