

**$^{256}\text{Es-1}$**

The 25.4 m isomer of  $^{256}\text{Es}$  was first observed in 1989 by H.L.Hall et al. at Los Alamos National Laboratory, Los Alamos, New Mexico ([1989Ha10](#)).

[1989Ha10](#) H. L. Hall, K. E. Gregorich, R. A. Henderson, D. M. Lee *et al.*, Phys. Rev. C **39**, 1866 (1989).

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