**Appendix A. Supplementary Material**



**Fig. S1** Nanocalorimetry heating curve of silicone oil. There are no possible peaks that can affect the glass transition and crystallization of Ce68Al10Cu20Co2 in this curve.

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**Fig. S2** Nanocalorimetry heating curves of Ce68Al10Cu20Co2 at 1,000 and 10,000 K/s.



**Fig. S3** TEM images of the as-cast sample. (a) and (b) HRTEM images corresponding to the bright areas in Fig. 6b of the manuscript. (c) Bright-field image of the as-cast sample. (d) SAED pattern of the as-cast sample. (e) and (f) are HRTEM images correspond to the areas with various contrasts.