

Single Bond Energies (Enthalpies) (kJ/mol, 25°C, 298 K)

	H	C	Si	Ge	N	P	As	O	S	Se	F	Cl	Br	I
H	436	416	323	289	391	322	247	467	347	276	566	431	366	299
C		356	301	255	285	264	201	336	272	243	485	327	285	213
Si			226	----	335	----	----	368	226	----	582	391	310	234
Ge				188	256	----	----	----	----	----	----	342	276	213
N					160	200	----	201	----	----	272	193	----	----
P						209	----	340	----	----	490	319	264	184
As							180	331	----	----	464	317	243	180
O								146	----	----	190	205	----	201
S									226	----	326	255	213	----
Se										172	285	243	----	----
F											158	255	238	----
Cl												242	217	209
Br													193	180
I														151

Multiple Bond Energies (Enthalpies) (kJ/mol, 25°C, 298 K)

C == C	614	N == N	418
C === C	839	N === N	941
C == N	615	N == O	607
C === N	891	O == O	495
C == O	799	S == O	523
C === O	1072	S == S	418

Legend:

Double bonds are represented by ==.

Triple bonds are represented by ===.