

Bond Dissociation Energies (kcal/mol)

I assume higher

H-H	<u>104</u>	H ₃ C-CH ₃	<u>88</u>
D-D	<u>105/106</u>	H ₃ C-NH ₂	<u>79</u>
H≡	<u>131</u>	H ₃ C-OH	<u>92</u>
H=	<u>111</u>	H ₃ C-F	<u>108</u>
H-C=O	<u>87</u>	R ₃ Si-F	<u>135</u>
H-CH ₃	<u>104</u>	H ₂ N-NH ₂	<u>66</u>
H-CH ₂ CH ₃	<u>101/102</u>	HO-OH	<u>51</u>
H-	<u>98</u>	F-F	<u>38</u>
H-	<u>96</u>	Cl-Cl	<u>58</u>
H-	<u>89/90</u>	Br-Br	<u>46</u>
H-NH ₂	<u>103</u>	I-I	<u>36</u>
H-OH	<u>119</u>	H ₂ C=CH ₂	<u>163</u>
H-F	<u>136</u>	H ₂ C=O	<u>175</u>
H-M (avg.) (M = transition metal)	<u>ca. 55-60</u>	HC≡CH	<u>230</u>
C-M (avg.) (M = transition metal)	<u>ca. 25-30</u>	Ph ₃ P=O	<u>130</u>

