

Average Bond Enthalpies (kJ/mol)

Single Bonds

C—H	413	N—H	391	O—H	463	F—F	155
C—C	348	N—N	163	O—O	146		
C—N	293	N—O	201	O—F	190	Cl—F	253
C—O	358	N—F	272	O—Cl	203	Cl—Cl	242
C—F	485	N—Cl	200	O—I	234		
C—Cl	328	N—Br	243			Br—F	237
C—Br	276			S—H	339	Br—Cl	218
C—I	240	H—H	436	S—F	327	Br—Br	193
C—S	259	H—F	567	S—Cl	253		
		H—Cl	431	S—Br	218	I—Cl	208
Si—H	323	H—Br	366	S—S	266	I—Br	175
Si—Si	226	H—I	299			I—I	151
Si—C	301						
Si—O	368						

Multiple Bonds

C = C	614	N = N	418	O = O	495	(O ₂)
C ≡ C	839	N ≡ N	941			
C = N	615			S = O	523	
C ≡ N	891			S = S	418	
C = O	799					
C ≡ O	1072					