

Average bond energy table: Energy required to break a mole of bonds of a particular type. Values are good to about ± 5 to $\pm 10\%$ because these energies are determined by averaging over many compounds.

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