

| Average Bond Dissociation Energies, D (kJ/mol) ^a | | | | | | | | | |
|---|------------------|------|-----|------|-----|------|------------------|-------|------------------|
| H—H | 436 ^a | C—H | 410 | N—H | 390 | O—H | 460 | F—F | 159 ^a |
| H—C | 410 | C—C | 350 | N—C | 300 | O—C | 350 | Cl—Cl | 243 ^a |
| H—F | 570 ^a | C—F | 450 | N—F | 270 | O—F | 180 | Br—Br | 193 ^a |
| H—Cl | 432 ^a | C—Cl | 330 | N—Cl | 200 | O—Cl | 200 | I—I | 151 ^a |
| H—Br | 366 ^a | C—Br | 270 | N—Br | 240 | O—Br | 210 | S—F | 310 |
| H—I | 298 ^a | C—I | 240 | N—I | — | O—I | 220 | S—Cl | 250 |
| H—N | 390 | C—N | 300 | N—N | 240 | O—N | 200 | S—Br | 210 |
| H—O | 460 | C—O | 350 | N—O | 200 | O—O | 180 | S—S | 225 |
| H—S | 340 | C—S | 260 | N—S | — | O—S | — | | |
| Multiple covalent bonds | | | | | | | | | |
| C=C | 611 | C≡C | 835 | C=O | 732 | O=O | 498 ^a | N≡N | 945 ^a |

^a Exact value