This page has tables of standard bond energies and bond dissociation energies.

Standard Bond Energies

Single Bonds	ΔH°*	Single Bonds	ΔH°*	Multiple Bonds	ΔH°*
H–H	104.2	B–F	150	C=C	146
C–C	83	B–O	125	N=N	109
N–N	38.4	C–N	73	O=O	119
O–O	35	N–CO	86	C=N	147
F–F	36.6	C–O	85.5	C=O (CO_2)	192
Si–Si	52	O–CO	110	C=O (aldehyde)	177
P–P	50	C–S	65	C=O (ketone)	178
S–S	54	C–F	116	C=O (ester)	179
Cl–Cl	58	C–Cl	81	C=O (amide)	179
Br–Br	46	C–Br	68	C=O (halide)	177
I–I	36.	C–I	51	C=S (CS_2)	138
H–C	99	C–B	90	N=O (HONO)	143
H–N	93	C–Si	76	P=O ($POCl_3$)	110
H–O	111	C–P	70	P=S ($PSCl_3$)	70
H–F	135	N–O	55	S=O (SO_2)	128
H–Cl	103	S–O	87	S=O (DMSO)	93
H–Br	87.5	Si–F	135	P=P	84
H–I	71	Si–Cl	90	P≡P	117
H–B	90	Si–O	110	C≡O	258
H–S	81	P–Cl	79	C≡C	200
H–Si	75	P–Br	65	N≡N	226
H–P	77	P–O	90	C≡N	213

* Average Bond Dissociation Enthalpies in kcal per mole
(There can be considerable variability in some of these values.)

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Bond Dissociation Energies*

atom or group	methyl	ethyl	i-propyl	t-butyl	phenyl	benzyl	allyl	acetyl	vinyl
H	103	98	95	93	110	85	88	87	112
F	110	110	109		124	94		119	
Cl	85	82	81	80	95	68	70	82	90
Br	71	70	69	66	79	55	56	68	80
I	57	54	54	51	64	40	42	51	
OH	93	94	92	91	111	79	82	107	
NH_2	87	87	86	85	104	72	75	95	
CN	116	114	112		128	100			128
CH_3	88	85	84	81	101	73	75	81	98
C_2H_5	85	82	81	78	99	71	72	78	95
$(CH_3)_2CH$	84	81	79	74	97	70	71	76	93
$(CH_3)_3C$	81	78	74	68	94	67	67		89
C_6H_5	101	99	97	94	110	83	87	93	108
$C_6H_5CH_2$	73	71	70	67	83	59	59	63	81

* In kcal per mole

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Many of the bond energies listed here were taken from the following sources:
R.T.Sanderson, *Polar Covalence*, 1983
R.T.Sanderson, *Chemical Bonds and Bond Energy*, 1976