

1 H Hydrogen 13.99																	2 He Helium 0.95		
3 Li Lithium 453.6	4 Be Beryllium 1560													5 B Boron 2349	6 C Carbon 3823	7 N Nitrogen 63.15	8 O Oxygen 54.36	9 F Fluorine 53.48	10 Ne Neon 24.56
11 Na Sodium 370.9	12 Mg Magnesium 923													13 Al Aluminum 933.5	14 Si Silicon 1687	15 P Phosphorus 317.3	16 S Sulfur 388.4	17 Cl Chlorine 171.6	18 Ar Argon 83.81
19 K Potassium 336.7	20 Ca Calcium 1115	21 Sc Scandium 1814	22 Ti Titanium 1941	23 V Vanadium 2183	24 Cr Chromium 2180	25 Mn Manganese 1519	26 Fe Iron 1811	27 Co Cobalt 1768	28 Ni Nickel 1728	29 Cu Copper 1358	30 Zn Zinc 692.7	31 Ga Gallium 302.9	32 Ge Germanium 1211	33 As Arsenic 1090	34 Se Selenium 494	35 Br Bromine 265.8	36 Kr Krypton 115.8		
37 Rb Rubidium 312.4	38 Sr Strontium 1050	39 Y Yttrium 1799	40 Zr Zirconium 2128	41 Nb Niobium 2750	42 Mo Molybdenum 2896	43 Tc Technetium 2430	44 Ru Ruthenium 2607	45 Rh Rhodium 2237	46 Pd Palladium 1828	47 Ag Silver 1235	48 Cd Cadmium 594.2	49 In Indium 429.7	50 Sn Tin 505.1	51 Sb Antimony 903.8	52 Te Tellurium 722.7	53 I Iodine 386.9	54 Xe Xenon 161.4		
55 Cs Cesium 301.7	56 Ba Barium 1000			72 Hf Hafnium 2506	73 Ta Tantalum 3290	74 W Tungsten 3695	75 Re Rhenium 3459	76 Os Osmium 3306	77 Ir Iridium 2719	78 Pt Platinum 2041	79 Au Gold 1337	80 Hg Mercury 234.3	81 Tl Thallium 577	82 Pb Lead 600.6	83 Bi Bismuth 544.7	84 Po Polonium 527	85 At Astatine 575	86 Rn Radon 202	
87 Fr Francium 300	88 Ra Radium 973			104 Rf Rutherfordium 2400	105 Db Dubnium	106 Sg Seaborgium	107 Bh Bohrium	108 Hs Hassium 126	109 Mt Meitnerium	110 Ds Darmstadtium	111 Rg Roentgenium	112 Cn Copernicium	113 Nh Nihonium 700	114 Fl Flerovium 340	115 Mc Moscovium 670	116 Lv Livermorium 709	117 Ts Tennesine 723	118 Og Oganesson	
		57 La Lanthanum 1193	58 Ce Cerium 1068	59 Pr Praseodymium 1208	60 Nd Neodymium 1297	61 Pm Promethium 1315	62 Sm Samarium 1345	63 Eu Europium 1099	64 Gd Gadolinium 1585	65 Tb Terbium 1629	66 Dy Dysprosium 1680	67 Ho Holmium 1734	68 Er Erbium 1802	69 Tm Thulium 1818	70 Yb Ytterbium 1097	71 Lu Lutetium 1925			
		89 Ac Actinium 1323	90 Th Thorium 2023	91 Pa Protactinium 1841	92 U Uranium 1405	93 Np Neptunium 912	94 Pu Plutonium 912.5	95 Am Americium 1449	96 Cm Curium 1613	97 Bk Berkelium 1259	98 Cf Californium 1173	99 Es Einsteinium 1133	100 Fm Fermium 1800	101 Md Mendelevium 1100	102 No Nobelium 1100	103 Lr Lawrencium 1900			