

MUST KNOW BDE TABLE

(every organic chemist should know these)

Bond	Approx. BDE (kcal/mol)
Me-H	105
Et-H	101
<i>i</i> Pr-H	98
<i>t</i> Bu-H	96
R ₂ N-H	107
RO-H	119
Me ₃ Si-H	93
Me ₃ Sn-H	78
CH ₂ =CH-H	111
HCC-H	125
HOCH ₂ -H	96
MeC(O)CH ₂ -H	96
Et-I	56
Et-Br	70
Et-Cl	84
C-C (single)	85
C=C (double)	145
C≡C (triple)	198
C-O (single)	80
C=O (double)	175