

The total atomization energies for hydrides H₂、LiH、BeH₂、BH₃、CH₄、NH₃、H₂O、HF

Species	Multiplicity	Equilibrium bond energy (D ₀ , kcal/mol)
H ₂	1	103.3
LiH	1	55.7
BeH ₂	1	149.3
BH ₃	1	266.8
CH ₄	1	392.4
NH ₃	1	276.7
H ₂ O	1	219.4
HF	1	135.4

Reference :

1. <https://cccbdb.nist.gov/ea1x.asp>