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1-Hydrogen	Li-11	35	B-16	45
H-4 29	Li-13	35	B-17	45
H-5 29	4-Beryllium		B-18	45
H-6 29	Be-6	36	6-Carbon	
H-7 29	Be-7	36	C-8	46
2-Helium	Be-8	36	C-9	46
He-3 30	Be-9	37	C-10	46
He-4 30	Be-10	38	C-11	46
He-5 30	Be-11	39	C-12	47
He-6 31	Be-12	40	C-13	47
He-7 31	Be-13	40	C-14	48
He-8 32	Be-14	40	C-15	50
He-9 32	5-Boron		C-16	50
He-10 32	B-7	41	C-17	51
3-Lithium	B-8	41	C-18	51
Li-4 33	B-9	41	C-19	51
Li-5 33	B-10	42	C-20	51
Li-6 33	B-11	42	7-Nitrogen	
Li-7 34	B-12	44	N-10	52
Li-8 34	B-13	44	N-11	52
Li-9 35	B-14	44	N-12	52
Li-10 35	B-15	45	N-13	53

N-14	54	11-Sodium		Si-30	158
N-15	58	Na-18	103	Si-31	162
N-16	59	Na-19	103	Si-32	162
N-17	60	Na-20	103	Si-33	163
N-18	60	Na-21	104	Si-34	163
N-19	61	Na-22	105	Si-35	163
N-20	61	Na-23	105	Si-36	163
N-21	61	Na-24	110	Si-37	164
N-22	61	Na-25	115	Si-38	164
8-Oxygen		Na-26	115	Si-40	164
O-12	62	Na-27	116	Si-42	164
O-13	62	Na-28	117	15-Phosphorus	
O-14	62	Na-29	117	P-27	165
O-15	63	Na-30	118	P-28	165
O-16	63	Na-31	118	P-29	165
O-17	66	Na-33	118	P-30	166
O-18	67	12-Magnesium		P-31	167
O-19	68	Mg-20	119	P-32	169
O-20	69	Mg-21	119	P-33	169
O-21	69	Mg-22	119	P-34	170
O-22	70	Mg-23	122	P-35	170
O-23	70	Mg-24	124	P-36	170
O-24	70	Mg-25	128	P-37	171
9-Fluorine		Mg-26	132	P-39	171
F-15	71	Mg-27	134	P-41	171
F-16	71	Mg-28	135	P-43	171
F-17	71	Mg-29	136	16-Sulfur	
F-18	72	Mg-30	136	S-27	172
F-19	82	Mg-31	136	S-28	172
F-20	83	Mg-32	137	S-29	172
F-21	84	Mg-33	137	S-30	172
F-22	84	Mg-34	137	S-31	173
F-23	84	Mg-36	137	S-32	176
F-24	85	13-Aluminium		S-33	176
F-25	85	Al-22	138	S-34	185
F-26	85	Al-23	138	S-35	186
F-27	85	Al-24	138	S-36	187
10-Neon		Al-25	140	S-37	187
Ne-16	86	Al-26	142	S-38	188
Ne-17	86	Al-27	143	S-39	188
Ne-18	86	Al-28	149	S-40	188
Ne-19	87	Al-29	150	S-41	188
Ne-20	89	Al-30	150	S-42	189
Ne-21	95	Al-31	150	S-43	189
Ne-22	97	Al-32	151	S-44	189
Ne-23	99	Al-33	151	S-46	189
Ne-24	100	Al-34	151	17-Chlorine	
Ne-25	101	Al-35	151	Cl-31	190
Ne-26	101	14-Silicon		Cl-32	190
Ne-27	102	Si-24	152	Cl-33	191
Ne-28	102	Si-25	152	Cl-34	193
Ne-30	102	Si-26	152	Cl-35	195
Ne-31	102	Si-27	153	Cl-36	196
		Si-28	156	Cl-37	196
		Si-29	157	Cl-38	198

Cl-39	200	Ca-48	249	V-53	361
Cl-40	201	Ca-49	255	V-54	362
Cl-41	201	Ca-50	256	V-55	362
Cl-42	202	Ca-51	257	V-57	363
Cl-43	202	Ca-52	257	V-58	363
Cl-44	202	Ca-53	257	V-60	363
Cl-45	202				
18-Argon		21-Scandium		24-Chromium	
Ar-32	203	Sc-38	258	Cr-45	364
Ar-33	203	Sc-39	258	Cr-46	364
Ar-34	203	Sc-40	258	Cr-47	364
Ar-35	203	Sc-41	258	Cr-48	365
Ar-36	204	Sc-42	259	Cr-49	367
Ar-37	205	Sc-43	263	Cr-50	371
Ar-38	206	Sc-44	266	Cr-51	375
Ar-39	208	Sc-45	267	Cr-52	382
Ar-40	209	Sc-46	280	Cr-53	384
Ar-41	210	Sc-47	281	Cr-54	386
Ar-42	213	Sc-48	285	Cr-55	390
Ar-43	213	Sc-49	285	Cr-56	391
Ar-44	214	Sc-50	291	Cr-57	393
Ar-45	214	Sc-51	292	Cr-58	393
Ar-46	215	Sc-52	293	Cr-59	394
Ar-47	215	Sc-53	293	Cr-60	394
Ar-48	215	Sc-54	293	Cr-61	394
		Sc-56	293	Cr-62	394
19-Potassium				Cr-64	394
K-35	216	22-Titanium			
K-36	216	Ti-41	294	25-Manganese	
K-37	216	Ti-42	294	Mn-47	395
K-38	216	Ti-43	294	Mn-48	395
K-39	218	Ti-44	294	Mn-49	395
K-40	223	Ti-45	298	Mn-50	396
K-41	224	Ti-46	299	Mn-51	397
K-42	230	Ti-47	307	Mn-52	399
K-43	231	Ti-48	312	Mn-53	400
K-44	231	Ti-49	318	Mn-54	404
K-45	232	Ti-50	323	Mn-55	405
K-46	232	Ti-51	329	Mn-56	407
K-47	232	Ti-52	330	Mn-57	413
K-48	233	Ti-53	331	Mn-58	416
K-49	233	Ti-54	331	Mn-59	418
K-50	233	Ti-55	332	Mn-60	418
		Ti-56	332	Mn-61	419
20-Calcium		Ti-57	332	Mn-62	419
Ca-36	234	Ti-58	332	Mn-63	419
Ca-37	234			Mn-64	419
Ca-38	234	23-Vanadium			
Ca-39	235	V-43	333	26-Iron	
Ca-40	237	V-44	333	Fe-48	420
Ca-41	240	V-45	333	Fe-49	420
Ca-42	240	V-46	334	Fe-50	420
Ca-43	241	V-47	335	Fe-51	420
Ca-44	241	V-48	338	Fe-52	421
Ca-45	242	V-49	341	Fe-53	423
Ca-46	246	V-50	346	Fe-54	425
Ca-47	246	V-51	353	Fe-55	428
		V-52	358	Fe-56	433

Fe-57	440	Co-64	473	Ni-71	512
Fe-58	441	Co-65	474	Ni-72	512
Fe-59	444	Co-66	474	Ni-74	512
Fe-60	445	Co-67	474	Ni-76	512
Fe-61	446	Co-68	474		
Fe-62	447	Co-70	474	29-Copper	
Fe-63	447			Cu-57	513
Fe-64	447	28-Nickel		Cu-58	513
Fe-65	448	Ni-52	475	Cu-59	515
Fe-66	448	Ni-53	475	Cu-60	517
Fe-67	448	Ni-54	475	Cu-61	517
Fe-68	448	Ni-55	475	Cu-62	520
		Ni-56	476	Cu-63	522
27-Cobalt		Ni-57	478	Cu-64	522
Co-50	449	Ni-58	480	Cu-65	523
Co-52	449	Ni-59	492	Cu-66	529
Co-53	449	Ni-60	494	Cu-67	532
Co-54	450	Ni-61	501	Cu-68	533
Co-55	451	Ni-62	503	Cu-69	533
Co-56	462	Ni-63	503	Cu-70	533
Co-57	465	Ni-64	504	Cu-71	534
Co-58	467	Ni-65	505	Cu-72	534
Co-59	471	Ni-66	509	Cu-73	535
Co-60	472	Ni-67	510	Cu-74	535
Co-61	472	Ni-68	510	Cu-75	535
Co-62	472	Ni-69	511	Cu-76	535
Co-63	473	Ni-70	511		
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Supplement (complete sets of data).				www.springermaterials.com	
				DOI: 10.1007/978-3-642-22798-1	