

1H	BEC																2He	
3Li	4Be												5B	6C	7N	8O	9F	10Ne
11Na	12Mg												13Al	14Si	15P	16S	17Cl	18Ar
19K	20Ca	21Sc	22Ti	23V	24Cr	25Mn	26Fe	27Co	28Ni	29Cu	30Zn	31Ga	32Ge	33As	34Se	35Br	36Kr	
37Rb	38Sr	39Y	40Zr	41Nb	42Mo	43Tc	44Ru	45Rh	46Pd	47Ag	48Cd	49In	50Sn	51Sb	52Te	53I	54Xe	
55Cs	56Ba			72Hf	73Ta	74W	75Rh	76Os	77Ir	78Pt	79Au	80Hg	81Tl	82Pb	83Bi	84Po	85At	86Rn
87Fr	88Ra			104Rf	105Db	106Sg	107Bh	108Hs	109Mt	110Ds	111Rg	112Cn	113Nh	114Fl	115Mc	116Lv	117Ts	118Og
		57La	58Ce	59Pr	60Nd	61Pm	62Sm	63Eu	64Gd	65Tb	66Dy	67Ho	68Er	69Tm	70Yb	71Lu		
		89Ac	90Th	91Pa	92U	93Np	94Pu	95Am	96Cm	97Bk	98Cf	99Es	100Fm	101Md	102No	103Lr		

1H	MOT																2He	
3Li	4Be												5B	6C	7N	8O	9F	10Ne
11Na	12Mg												13Al	14Si	15P	16S	17Cl	18Ar
19K	20Ca	21Sc	22Ti	23V	24Cr	25Mn	26Fe	27Co	28Ni	29Cu	30Zn	31Ga	32Ge	33As	34Se	35Br	36Kr	
37Rb	38Sr	39Y	40Zr	41Nb	42Mo	43Tc	44Ru	45Rh	46Pd	47Ag	48Cd	49In	50Sn	51Sb	52Te	53I	54Xe	
55Cs	56Ba			72Hf	73Ta	74W	75Rh	76Os	77Ir	78Pt	79Au	80Hg	81Tl	82Pb	83Bi	84Po	85At	86Rn
87Fr	88Ra			104Rf	105Db	106Sg	107Bh	108Hs	109Mt	110Ds	111Rg	112Cn	113Nh	114Fl	115Mc	116Lv	117Ts	118Og
		57La	58Ce	59Pr	60Nd	61Pm	62Sm	63Eu	64Gd	65Tb	66Dy	67Ho	68Er	69Tm	70Yb	71Lu		
		89Ac	90Th	91Pa	92U	93Np	94Pu	95Am	96Cm	97Bk	98Cf	99Es	100Fm	101Md	102No	103Lr		