¹ H																	He He		- 300
3 Li	⁴ Be											⁵ B	6 C 2	7 N	⁸ O	9 F	Ne	-	- 250
Na Na	Mg											13 Al 115	14 Si 24	15 P	16 S	CI	18 Ar		
19 K	Ca	²¹ Sc	22 Ti 303	23 V 151	24 Cr 60	²⁵ Mn		27 Co 5		Cu	³⁰ Zn	Ga	Ge	33 As	Se	35 Br	³⁶ Kr	-	- 200
		39 Y	40 Zr 207	41 Nb 306	42 Mo 154				Pd	47 Ag	48 Cd	49 In	50 Sn	Sb	Te	53 	Xe	_	- 150
	56 Ba		72 Hf 125	166	74 W 38		76 Os			⁷⁹ Au	Hg	81 TI	Pb	83 Bi	Po	85 At	Rn Rn		
87 Fr			104 Rf	105 Db	Sg	107 Bh	108 Hs	109 M t	110 Ds	Rg	Cn	113 N h	114 FI	115 Mc	116 Lv	117 Ts	118 Og	-	- 100
		57 La	⁵⁸ Ce	59 P r	Nd	Pm	Sm	63 Eu	Gd Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu			- 50
		89 A c	90 Th	Pa Pa	92 U	93 N p	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	¹⁰¹ Md	102 No	103 Lr			