

Bond type	Dissociation energy (kJ/mol)	Note
Ionic lattice	1100–20000	
Covalent bond	130–1100	
Hydrogen bond	4–50	About 5 kcal/mol (21 kJ/mol) in water
Dipole–dipole	2–8	
London dispersion forces	<4 to 63	Estimated from enthalpies of vaporization of hydrocarbons