

Element	Kernladung	Atommasse (u)	Element	Kernladung	Atommasse (u)
Wasserstoff	1	1,0079	Technetium	43	97
Helium	2	4,0026	Ruthenium	44	101,07
Lithium	3	6,9675	Rhodium	45	102,905
Beryllium	4	9,0122	Palladium	46	106,42
Bor	5	10,813	Silber	47	107,868
Kohlenstoff	6	12,011	Cadmium	48	112,414
Stickstoff	7	14,007	Indium	49	114,818
Sauerstoff	8	15,999	Zinn	50	118,711
Fluor	9	18,998	Antimon	51	121,76
Neon	10	20,18	Tellur	52	127,6
Natrium	11	22,99	Iod	53	126,904
Magnesium	12	24,305	Xenon	54	131,294
Aluminium	13	26,981	Caesium	55	132,906
Silicium	14	28,085	Barium	56	137,328
Phosphor	15	30,974	Lanthan	57	138,906
Schwefel	16	32,067	Cer	58	140,116
Chlor	17	35,451	Praseodym	59	140,908
Argon	18	39,948	Neodym	60	144,242
Kalium	19	39,098	Promethium	61	145
Calcium	20	40,078	Samarium	62	150,36
Scandium	21	44,956	Europium	63	151,964
Titan	22	47,867	Gadolinium	64	157,25
Vanadium	23	50,941	Terbium	65	158,925
Chrom	24	51,996	Dysprosium	66	162,5
Mangan	25	54,938	Holmium	67	164,93
Eisen	26	55,845	Erbium	68	167,259
Cobalt	27	58,933	Thulium	69	168,934
Nickel	28	58,693	Ytterbium	70	173,045
Kupfer	29	63,546	Lutetium	71	174,967
Zink	30	65,38	Hafnium	72	178,49
Gallium	31	69,723	Tantal	73	180,948
Germanium	32	72,631	Wolfram	74	183,84
Arsen	33	74,922	Rhenium	75	186,207
Selen	34	78,972	Osmium	76	190,23
Brom	35	79,904	Iridium	77	192,217
Krypton	36	83,798	Platin	78	195,085
Rubidium	37	85,468	Gold	79	196,967
Strontium	38	87,62	Quecksilber	80	200,592
Yttrium	39	88,906	Thallium	81	204,384
Zirkonium	40	91,224	Blei	82	207,2
Niob	41	92,906	Bismut	83	208,98
Molybdän	42	95,95	Polonium	84	209,98