

Lamor frequencies [MHz] at 11.7467 T

sorted by increasing atomic number

Isotopes	Freq.*	Isotopes	Freq.*
1 H	500.130	109 Ag	23.274
2 H	76.773	111 Cd	106.105
3 H	533.459	113 Cd	110.995
3 He	380.994	113 In	109.357
6 Li	73.600	115 In	109.592
7 Li	194.370	115 Sn	163.636
9 Be	70.277	117 Sn	178.208
10 B	53.732	119 Sn	186.502
11 B	160.462	121 Sb	119.684
13 C	125.758	123 Sb	64.813
14 N	36.141	123 Te	130.883
15 N	50.697	125 Te	157.790
17 O	67.800	127 I	100.063
19 F	470.592	129 Xe	139.087
21 Ne	39.482	131 Xe	41.230
23 Na	132.294	133 Cs	65.598
25 Mg	30.616	135 Ba	49.685
27 Al	130.318	137 Ba	55.579
29 Si	99.362	138 La	65.989
31 P	202.457	139 La	70.647
33 S	38.390	141 Pr	153.12
35 Cl	49.002	143 Nd	27.25
37 Cl	40.789	145 Nd	16.78
39 K	23.338	147 Sm	20.84
41 K	12.810	149 Sm	17.18
43 Ca	33.659	151 Eu	124.34
45 Sc	121.490	153 Eu	54.88
47 Ti	28.195	155 Gd	15.35
49 Ti	28.203	157 Gd	20.13
50 V	49.865	159 Tb	120.22
51 V	131.549	161 Dy	17.19
53 Cr	28.270	163 Dy	24.10
55 Mn	123.978	165 Ho	105.71
57 Fe	16.193	167 Er	14.42
59 Co	118.666	169 Tm	41.37
61 Ni	44.692	171 Yb	87.519
63 Cu	132.612	173 Yb	24.35
65 Cu	142.055	175 Lu	57.11
67 Zn	31.292	176 Lu	40.53
69 Ga	120.038	177 Hf	20.30
71 Ga	152.523	179 Hf	12.75
73 Ge	17.446	181 Ta	59.964
75 As	85.635	183 W	20.837
77 Se	95.382	185 Re	112.652
79 Br	125.302	187 Re	113.788
81 Br	135.068	187 Os	11.415
83 Kr	19.243	189 Os	38.837
85 Rb	48.287	191 Ir	9.00
87 Rb	163.645	193 Ir	9.77
87 Sr	21.675	195 Pt	107.512
89 Y	24.507	197 Au	8.84
91 Zr	46.494	199 Hg	89.577
93 Nb	122.413	201 Hg	33.067
95 Mo	32.593	203 Tl	285.690
97 Mo	33.277	205 Tl	288.494
99 Tc	112.571	207 Pb	104.630
99 Ru	23.032	209 Bi	80.367
101 Ru	25.814	209 Po	121.77
103 Rh	15.936	231 Pa	119.98
105 Pd	22.886	235 U	9.209
107 Ag	20.244		

sorted by decreasing Lamor frequencies

Isotopes	Freq.*	Isotopes	Freq.*
3 H	533.459	181 Ta	59.964
1 H	500.130	175 Lu	57.11
19 F	470.592	137 Ba	55.579
3 He	380.994	153 Eu	54.88
205 Tl	288.494	10 B	53.732
203 Tl	285.690	15 N	50.697
31 P	202.457	50 V	49.865
7 Li	194.370	135 Ba	49.685
119 Sn	186.502	35 Cl	49.002
117 Sn	178.208	85 Rb	48.287
87 Rb	163.645	91 Zr	46.494
115 Sn	163.636	61 Ni	44.692
11 B	160.462	169 Tm	41.37
125 Te	157.790	131 Xe	41.230
141 Pr	153.12	37 Cl	40.789
71 Ga	152.523	176 Lu	40.53
65 Cu	142.055	21 Ne	39.482
129 Xe	139.087	189 Os	38.837
81 Br	135.068	33 S	38.390
63 Cu	132.612	14 N	36.141
23 Na	132.294	43 Ca	33.659
51 V	131.549	97 Mo	33.277
123 Te	130.883	201 Hg	33.067
27 Al	130.318	95 Mo	32.593
13 C	125.758	67 Zn	31.292
79 Br	125.302	25 Mg	30.616
151 Eu	124.34	53 Cr	28.270
55 Mn	123.978	49 Ti	28.203
93 Nb	122.413	47 Ti	28.195
209 Po	121.77	143 Nd	27.25
45 Sc	121.490	101 Ru	25.814
159 Tb	120.22	89 Y	24.507
69 Ga	120.038	173 Yb	24.35
231 Pa	119.98	163 Dy	24.10
121 Sb	119.684	39 K	23.338
59 Co	118.666	109 Ag	23.274
187 Re	113.788	99 Ru	23.032
185 Re	112.652	105 Pd	22.886
99 Tc	112.571	87 Sr	21.675
113 Cd	110.995	147 Sm	20.84
115 In	109.592	183 W	20.837
113 In	109.357	177 Hf	20.30
195 Pt	107.512	107 Ag	20.244
111 Cd	106.105	157 Gd	20.13
165 Ho	105.71	83 Kr	19.243
207 Pb	104.630	73 Ge	17.446
127 I	100.063	161 Dy	17.19
29 Si	99.362	149 Sm	17.18
77 Se	95.382	145 Nd	16.78
199 Hg	89.577	57 Fe	16.193
171 Yb	87.519	103 Rh	15.936
75 As	85.635	155 Gd	15.35
209 Bi	80.367	167 Er	14.42
2 H	76.773	41 K	12.810
6 Li	73.600	179 Hf	12.75
139 La	70.647	187 Os	11.415
9 Be	70.277	193 Ir	9.77
17 O	67.800	235 U	9.209
138 La	65.989	191 Ir	9.00
133 Cs	65.598	197 Au	8.84
123 Sb	64.813		

Frequency ranges of the different probes at CvO Universität Oldenburg

	Bruker	Jeol
	BBO	SuperCOOL
Coil 1	¹ H	¹ H, ¹⁹ F
Coil 2	¹⁹ F, ³¹ P to ¹⁰⁹ Ag	³¹ P to ⁷⁷ Se and ¹⁷ O to ¹⁵ N
	BBI	Royal HFX
Coil 1	¹ H	¹ H, ¹⁹ F
Coil 2	³¹ P to ¹⁰⁹ Ag	³¹ P to ¹⁵ N, and ³⁹ K + ¹⁰⁹ Ag
	TBO	
Coil 1	¹ H, ¹⁹ F	
Coil 2	³¹ P	
Coil 3	³¹ P to ¹⁵ N	

*Frequencies to 3 decimals are experimental for IUPAC standards;
frequencies to 2 decimals are calculated from magnetic moments.

**More information about the probes can be found via: <https://uol.de/chemie/za/nmr>