

Table 3-8 Methyl and Methylene Groups

| | $\delta(^1\text{H})$ | | $\delta(^{13}\text{C})$ | | | $\delta(^1\text{H})$ | | $\delta(^{13}\text{C})$ | |
|---|----------------------|-----------------|-------------------------|-----------------|---|----------------------|-----------------|-------------------------|-----------------|
| | CH ₂ | CH ₃ | CH ₂ | CH ₃ | | CH ₂ | CH ₃ | CH ₂ | CH ₃ |
| CH ₃ Li | | -0.4 | | -13.2 | (CH ₃) ₂ NCHO | | | | |
| CH ₃ CH ₃ | | 0.86 | | 5.7 | | | | | |
| (CH ₃) ₃ CH | | 0.89 | | 25.2 | CH ₃ Cl | | | | |
| (CH ₃) ₄ C | | 0.94 | | 31.7 | (CH ₃) ₂ O | | | | |
| (CH ₃) ₃ COH | | 1.22 | | 29.4 | (CH ₃) ₄ N ⁺ | | | | |
| CH ₃ CH=CH ₂ | | 1.72 | | 18.7 | CH ₃ OH | | | | |
| CH ₃ C≡CH | | 1.80 | | -1.9 | CH ₃ CO ₂ CH ₃ | | | | |
| (CH ₃) ₃ P=O | | 1.93 | | 18.6 | CH ₃ OC ₆ H ₅ | | | | |
| CH ₃ CN | | 2.00 | | 0.3 | CH ₃ F | | | | |
| CH ₃ CO ₂ CH ₃ | | 2.01 | | 18.7 | CH ₃ NO ₂ | | | | |
| CH ₃ (CO)CH ₃ | | 2.07 | | 30.2 | (CH ₃ CH ₂) ₂ S | 2.49 | 1.25 | 26.5 | 15.8 |
| CH ₃ CO ₂ H | | 2.10 | | 18.6 | CH ₃ CH ₂ NH ₂ | 2.74 | 1.10 | 36.9 | 19.0 |
| (CH ₃) ₂ S | | 2.12 | | 19.5 | CH ₃ CH ₂ C ₆ H ₅ | 2.92 | 1.18 | 29.3 | 16.8 |
| CH ₃ I | | 2.15 | | -20.6 | CH ₃ CH ₂ I | 3.16 | 1.86 | 0.2 | 23.1 |
| CH ₃ CHO | | 2.20 | | 31.2 | CH ₃ CH ₂ Br | 3.37 | 1.65 | 28.3 | 20.3 |
| (CH ₃) ₃ N | | 2.22 | | 47.3 | CH ₃ CH ₂ Cl | 3.47 | 1.33 | 39.9 | 18.7 |
| CH ₃ C ₆ H ₅ | | 2.31 | | 21.3 | (CH ₃ CH ₂) ₂ O | 3.48 | 1.20 | 67.4 | 17.1 |
| CH ₃ NH ₂ | | 2.42 | | 30.4 | CH ₃ CH ₂ OH | 3.56 | 1.24 | 57.3 | 15.9 |
| CH ₃ (SO)CH ₃ | | 2.50 | | 40.1 | CH ₃ CH ₂ F | 4.36 | 1.24 | 79.3 | 14.6 |
| CH ₃ (CO)Cl | | 2.67 | | 32.7 | CH ₃ CH ₂ NO ₂ | 4.37 | 1.58 | 70.4 | 10.6 |
| CH ₃ Br | | 2.69 | | 10.2 | BrCH ₂ CH ₂ Br | 3.63 | | 32.4 | |
| (CH ₃) ₄ P ⁺ | | 2.74 | | 11.3 | HOCH ₂ CH ₂ OH | 3.72 | | 63.4 | |
| CH ₃ (SO ₂)CH ₃ | | 2.84 | | 42.6 | ClCH ₂ CH ₂ Cl | 3.73 | | 51.7 | |

Table 3-9 Saturated Ring Systems

| | ¹ H | ¹³ C | | ¹ H | ¹³ C |
|-----------------|----------------|-----------------|-------------------------|----------------|-----------------|
| Cyclopropane | 0.22 | -2.6 | Oxane (tetrahydropyran) | (α) 3.52 | 68.0 |
| Cyclobutane | 1.98 | 23.3 | | (β) 1.51 | 26.6 |
| Cyclopentane | 1.51 | 26.5 | | (γ) | 23.6 |
| Cyclohexane | 1.43 | 27.7 | Pyrrolidine | (α) 2.75 | 47.4 |
| Cycloheptane | 1.53 | 29.4 | | (β) 1.59 | 25.8 |
| Cyclopentanone | (α) 2.06 | 37.0 | Piperidine | (α) 2.74 | 47.5 |
| | (β) 2.02 | 22.3 | | (β) 1.50 | 27.2 |
| Cyclohexanone | (α) 2.22 | 40.7 | | (γ) 1.50 | 25.5 |
| | (β) 1.8 | 26.8 | Thiirane | 2.27 | 18.9 |
| | (γ) 1.8 | 24.1 | Tetrahydrothiophene | (α) 2.82 | 31.7 |
| Oxirane | 2.54 | 40.5 | | (β) 1.93 | 31.2 |
| Tetrahydrofuran | (α) 3.75 | 69.1 | Sulfolane | (α) 3.00 | 51.1 |
| | (β) 1.85 | 26.2 | | (β) 2.23 | 22.7 |
| | | | 1,4-Dioxane | 3.70 | 66.5 |

Table 3-12 Carbonyl Compounds

| | $^1\text{H}(\text{CH}_3)$ | $^1\text{H}(\text{other})$ | $^{13}\text{C}(\text{C}=\text{O})$ |
|---|---------------------------------|---|------------------------------------|
| $\text{H}(\text{CO})\text{OCH}_3$ | 3.79 | 8.05 (HCO) | 160.9 |
| $\text{CH}_3(\text{CO})\text{Cl}$ | 2.67 | — | 168.6 |
| $\text{CH}_3(\text{CO})\text{OCH}_2\text{CH}_3$ | 2.02 (CH_3CO) | 4.11 (CH_2), 1.24(CH_3C) | 169.5 |
| $\text{CH}_3(\text{CO})\text{N}(\text{CH}_3)_2$ | 2.10 (CH_3CO) | 6.94, 7.04 (CH_3N) | 169.6 |
| $\text{CH}_3\text{CO}_2\text{H}$ | 2.10 | 1.37 (HO) | 177.3 |
| $\text{CH}_3\text{CO}_2^-\text{Na}^+$ | — | — | 181.5 |
| $\text{CH}_3(\text{CO})\text{C}_6\text{H}_5$ | 2.62 | — | 196.0 |
| $\text{CH}_3(\text{CO})\text{CH}=\text{CH}_2$ | 2.32 | 5.8–6.4 ($\text{CH}=\text{CH}_2$) | 197.2 |
| $\text{H}(\text{CO})\text{CH}_3$ | 2.20 | 9.80 (HCO) | 199.6 |
| $\text{CH}_3(\text{CO})\text{CH}_3$ | 2.07 | — | 205.1 |
| 2-Cyclohexenone | — | 5.93, 6.88 ($\text{CH}_\alpha=\text{CH}_\beta$) | 197.1 |
| 2-Cyclopentanone | — | 6.10, 7.71 ($\text{CH}_\alpha=\text{CH}_\beta$) | 208.1 |
| Cyclohexanone | — | 1.7–2.5 | 208.8 |
| Cyclopentanone | — | 1.9–2.3 | 218.1 |

Table 3-10 Alkenes

| | | ¹ H | ¹³ C | | | ¹ H | ¹³ C |
|--|-----|----------------|-----------------|---|---------------------|----------------|-----------------|
| CH ₂ =CHCN | (α) | { 5.5-6.4 } | 107.7 | (CH ₃) ₂ C=CHCO ₂ CH ₃ | (α) | — | 114.8 |
| | (β) | | 137.8 | | (β) | 5.62 | 155.9 |
| CH ₂ =CHC ₆ H ₅ | (α) | 6.66 | 112.3 | Cyclopentene | | 5.60 | 130.6 |
| | (β) | 5.15, 5.63 | 135.8 | Cyclohexene | | 5.59 | 127.2 |
| CH ₂ =CHBr | (α) | 6.4 | 115.6 | 1,3-Cyclopentadiene | | 6.42 | 132.2, 132.8 |
| | (β) | 5.7-6.1 | 122.1 | 1,3-Cyclohexadiene | | 5.78 | 124.6, 126.1 |
| CH ₂ =CHCO ₂ H | (α) | 6.5 | 128.0 | 2-Cyclopentenone | (α) | 6.10 | 132.9 |
| | (β) | 5.9-6.5 | 131.9 | | (β) | 7.71 | 164.2 |
| CH ₂ =CH(CO)CH ₃ | (α) | { 5.8-6.4 } | 138.5 | 2-Cyclohexenone | (α) | 5.93 | 128.4 |
| | (β) | | 129.3 | | (β) | 6.88 | 149.8 |
| CH ₂ =CHO(CO)CH ₃ | (α) | 7.28 | 141.7 | <i>exo</i> -Methylenecyclohexane | (=CH ₂) | 4.55 | 106.5 |
| | (β) | 4.56, 4.88 | 96.4 | | (C=) | — | 149.7 |
| CH ₂ =CHOCH ₂ CH ₃ | (α) | 6.45 | 152.9 | Allene | (=CH ₂) | 4.67 | 74.0 |
| | (β) | 3.6-4.3 | 84.6 | | (=C=) | — | 213.0 |
| CH ₃ ⁴ CH=C ³ CH ₃ = ² CH= ¹ CH ₂ | (1) | 5.02 | | | | | |
| | (2) | 6.40 | | | | | |
| | (4) | 5.70 | | | | | |

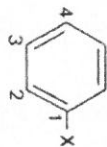
Table 3-11 Aromatics

| | ¹ H | | | ¹³ C | | | |
|--|----------------|----------|----------|-----------------|----------|----------|----------|
| | <i>o</i> | <i>m</i> | <i>p</i> | <i>i</i> | <i>o</i> | <i>m</i> | <i>p</i> |
| C ₆ H ₅ CH ₃ | 7.16 | 7.16 | 7.16 | 137.8 | 129.3 | 128.5 | 125.6 |
| C ₆ H ₅ CH=CH ₂ | 7.24 | 7.24 | 7.24 | 138.2 | 126.7 | 128.9 | 128.2 |
| C ₆ H ₅ SCH ₃ | 7.23 | 7.23 | 7.23 | 138.7 | 126.7 | 128.9 | 124.9 |
| C ₆ H ₅ F | 6.97 | 7.25 | 7.05 | 163.8 | 114.6 | 130.3 | 124.3 |
| C ₆ H ₅ Cl | 7.29 | 7.21 | 7.23 | 135.1 | 128.9 | 129.7 | 126.7 |
| C ₆ H ₅ Br | 7.49 | 7.14 | 7.24 | 123.3 | 132.0 | 130.9 | 127.7 |
| C ₆ H ₅ OH | 6.77 | 7.13 | 6.87 | 155.6 | 116.1 | 130.5 | 120.8 |
| C ₆ H ₅ OCH ₃ | 6.84 | 7.18 | 6.90 | 158.9 | 113.2 | 128.7 | 119.8 |
| C ₆ H ₅ O(CO)CH ₃ | 7.06 | 7.25 | 7.25 | 151.7 | 122.3 | 130.0 | 126.4 |
| C ₆ H ₅ (CO)CH ₃ | 7.91 | 7.45 | 7.45 | 136.6 | 128.4 | 128.4 | 131.6 |
| C ₆ H ₅ CO ₂ H | 8.07 | 7.41 | 7.47 | 130.6 | 130.0 | 128.5 | 133.6 |
| C ₆ H ₅ (CO)Cl | 8.10 | 7.43 | 7.57 | 134.5 | 131.3 | 129.9 | 136.1 |
| C ₆ H ₅ CN | 7.54 | 7.38 | 7.57 | 109.7 | 130.1 | 127.2 | 130.1 |
| C ₆ H ₅ NH ₂ | 6.52 | 7.03 | 6.63 | 147.9 | 116.3 | 130.0 | 119.2 |
| C ₆ H ₅ NO ₂ | 8.22 | 7.48 | 7.61 | 148.3 | 123.4 | 129.5 | 134.7 |

| | ¹ H | | | ¹³ C | | |
|-------------|----------------|------|-------|-----------------|-------|-------|
| | α | β | Other | α | β | Other |
| Naphthalene | 7.81 | 7.46 | — | 128.3 | 126.1 | — |
| Anthracene | 7.91 | 7.39 | 8.31 | 130.3 | 125.7 | 132.8 |
| Furan | 7.40 | 6.30 | — | 142.8 | 109.8 | — |
| Thiophene | 7.19 | 7.04 | — | 125.6 | 127.4 | — |
| Pyrrole | 6.68 | 6.05 | — | 118.4 | 108.0 | — |
| Pyridine | 8.50 | 7.06 | 7.46 | 150.2 | 123.9 | 135.9 |

¹³C-Chemical Shifts for Carbonyl Groups (δ in ppm relative to TMS)

| R | R-CHO | R-COCH ₃ | R-COOH | R-COO ⁻ | R-COOCH ₃ | R-CONH ₂ | R-COOCOR | R-COCl |
|------------------------------------|-------|---------------------|--------|--------------------|----------------------|---------------------|----------|--------|
| -H | 199.7 | 199.7 | 166.3 | 171.3 | 161.6 | 165.5 | | |
| -CH ₃ | 199.7 | 206.0 | 178.1 | 181.7 | 170.7 | 172.7 | 167.3 | 168.6 |
| -CH ₂ CH ₃ | 201.8 | 207.6 | 180.4 | 185.1 | 173.3 | 177.2 | 170.3 | 174.7 |
| -CH(CH ₃) ₂ | 204.0 | 211.8 | 184.1 | | 175.7 | | 172.8 | 178.0 |
| -C(CH ₃) ₃ | | 213.5 | 185.9 | 188.6 | 178.9 | 180.9 | 173.9 | 180.3 |
| -n-C ₈ H ₁₇ | 202.6 | 207.9 | 180.7 | 183.1 | 174.4 | 176.3 | 169.4 | 173.8 |
| -CH ₂ Cl | 193.3 | 200.7 | 173.8 | 174.7 | 167.8 | 168.3 | 162.1 | 167.7 |
| -CHCl ₂ | | 193.6 | 170.3 | 170.6 | 165.1 | | 157.6 | 165.5 |
| -CCl ₃ | 175.9 | 186.3 | 167.1 | | 161.0 | | 154.1 | |
| -cyclohexyl | 201.8 | 209.4 | 182.1 | 185.4 | 175.3 | | | 176.3 |
| -CH=CH ₂ | 192.4 | 197.2 | 171.7 | 179.3 | 165.5 | 168.3 | | 165.6 |
| -phenyl | 192.0 | 197.6 | 172.6 | 175.6 | 166.8 | 169.7 | 162.8 | 168.0 |



$$\delta_{C_1} = 128.5 + Z_1$$

| Substituent X | Z ₁ | Z ₂ | Z ₃ | Z ₄ |
|--|----------------|----------------|----------------|----------------|
| -H | 0.0 | 0.0 | 0.0 | 0.0 |
| -CH ₃ | 9.3 | 0.6 | 0.0 | -3.1 |
| -CH ₂ CH ₃ | 15.7 | -0.6 | -0.1 | -2.8 |
| -CH(CH ₃) ₂ | 20.1 | -2.0 | 0.0 | -2.5 |
| -CH ₂ CH ₂ CH ₂ CH ₃ | 14.2 | -0.2 | -0.2 | -2.8 |
| -C(CH ₃) ₃ | 22.1 | -3.4 | -0.4 | -3.1 |
| -C≡CH | 15.1 | -3.3 | -0.6 | -3.6 |
| -CH ₂ Cl | 9.1 | 0.0 | 0.2 | -0.2 |
| -CH ₂ Br | 9.2 | 0.1 | 0.4 | -0.3 |
| -CF ₃ | 2.6 | -3.1 | 0.4 | 3.4 |
| -CH ₂ OH | 13.0 | -1.4 | 0.0 | -1.2 |
| -C≡N | 9.2 | -3.1 | -0.1 | -0.5 |
| -CH ₂ NH ₂ | 14.9 | -1.6 | -0.2 | -2.0 |
| -CH ₂ CN | 1.6 | -0.7 | 0.5 | -0.7 |
| -CH=CH ₂ | 7.6 | -1.8 | -1.8 | -3.5 |
| -C≡CH | -6.1 | 3.8 | 0.4 | -0.2 |
| -phenyl | 13.0 | -1.1 | 0.5 | -1.0 |
| -F | 35.1 | -14.3 | 0.9 | -4.4 |
| -Cl | 6.4 | 0.2 | 1.0 | -2.0 |
| -Br | -5.4 | 3.3 | 2.2 | -1.0 |
| -I | -32.3 | 9.9 | 2.6 | -0.4 |
| -OH | 26.9 | -12.7 | 1.4 | -7.3 |
| -O- | 39.6 | -8.2 | 1.9 | -13.6 |
| -OCH ₃ | 30.2 | -14.7 | 0.9 | -8.1 |
| -Ophenyl | 29.1 | -9.5 | 0.3 | -5.3 |
| -OCOCCH ₃ | 23.0 | -6.4 | 1.3 | -2.3 |
| -NH ₂ | 19.2 | -12.4 | 1.3 | -9.5 |
| -NHCH ₃ | 21.7 | -16.2 | 0.7 | -11.8 |
| -N(CH ₃) ₂ | 22.4 | -15.7 | 0.8 | -11.8 |
| -N(CH ₂ CH ₃) ₂ | 19.3 | -16.5 | 0.6 | -13.0 |
| -N(phenyl) ₂ | 19.3 | -4.4 | 0.6 | -5.9 |
| -NHCOCH ₃ | 11.1 | -9.9 | 0.2 | -5.6 |
| -NHNH ₂ | 22.8 | -16.5 | 0.5 | -9.6 |

| Substituent X | Z ₁ | Z ₂ | Z ₃ | Z ₄ |
|------------------------------------|----------------|----------------|----------------|----------------|
| -N=N-phenyl | 24.0 | -5.8 | 0.3 | 2.2 |
| -N ⁺ =N | -12.7 | 6.0 | 5.7 | 16.0 |
| -NC | -1.8 | -2.2 | 1.4 | 0.9 |
| -NCO | 5.7 | -3.6 | 1.2 | -2.8 |
| -NO | 37.4 | -7.7 | 0.8 | 7.0 |
| -NO ₂ | 19.6 | -5.3 | 0.8 | 6.0 |
| -SH | 2.2 | 0.7 | 0.4 | -3.1 |
| -SCH ₃ | 9.9 | -2.0 | 0.1 | -3.7 |
| -SC(CH ₃) ₃ | 4.5 | 9.0 | -0.3 | 0.0 |
| -SO ₂ Cl | 15.6 | -1.7 | 1.2 | 6.8 |
| -SO ₂ CH ₃ | 15.0 | -2.2 | 1.3 | 3.8 |
| -SO ₃ H | 9.0 | 1.2 | 1.2 | 6.0 |
| -CHO | 9.3 | 0.2 | 0.2 | 4.2 |
| -COCH ₃ | 2.4 | 1.6 | -0.1 | 4.8 |
| -COOH | 7.6 | 0.8 | 0.0 | 2.8 |
| -COO- | 2.1 | 1.2 | 0.0 | 4.4 |
| -COOCH ₃ | 5.4 | -0.3 | -0.9 | 5.0 |
| -CONH ₂ | 4.6 | 2.9 | 0.6 | 7.0 |
| -COCl | -16.0 | 3.5 | 0.7 | 4.3 |
| -CN | 8.7 | 5.1 | -0.1 | 0.0 |
| -P(phenyl) ₂ | 13.4 | 4.4 | -1.1 | -1.1 |
| -P(CH ₃) ₃ | | | | |

1) For ¹³C-³¹P-couplings see p. C245.

Table 4-1 One-Bond Couplings (Hz)

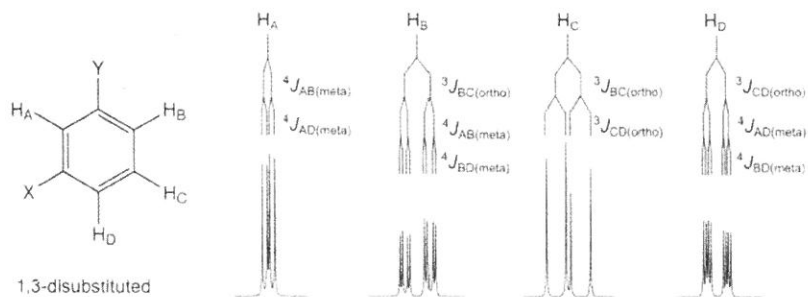
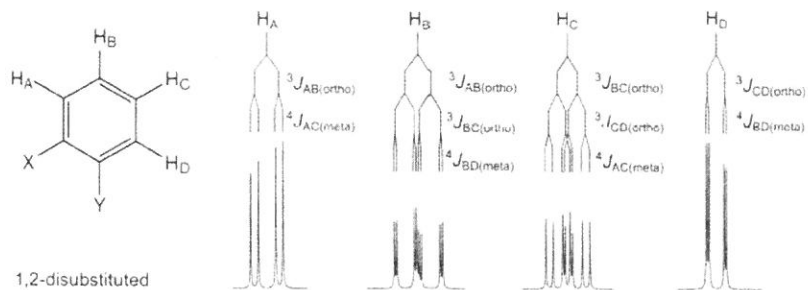
| | | | | | | |
|----------------------------|---|--|--|---|---|-------|
| $^{13}\text{C}-^1\text{H}$ | CH_3CH_3 | 125 | $^{13}\text{C}-^{19}\text{F}$ | CH_2F_2 | 235 | |
| | $(\text{CH}_3)_4\text{Si}$ | 118 | | CF_3I | 345 | |
| | CH_3Li | 98 | | C_6F_6 | 362 | |
| | $(\text{CH}_3)_3\text{N}$ | 132 | | $^{13}\text{C}-^{31}\text{P}$ | CH_3PH_2 | 9.3 |
| | CH_3CN | 136 | | | $(\text{CH}_3)_3\text{P}$ | -13.6 |
| | $(\text{CH}_3)_2\text{S}$ | 138 | | | $(\text{CH}_3)_4\text{P}^+ \text{I}^-$ | 56 |
| | CH_3OH | 142 | | $^{13}\text{C}-^{15}\text{N}$ | CH_3NH_2 | -4.5 |
| | CH_3F | 149 | | | $\text{C}_6\text{H}_5\text{NH}_2$ | -11.4 |
| | CH_3Cl | 150 | | | $\text{CH}_3(\text{CO})\text{NH}_2$ | -14.8 |
| | CH_2Cl_2 | 177 | | | $\text{CH}_3\text{C}\equiv\text{N}$ | -17.5 |
| | CHCl_3 | 208 | | Pyridine | +0.62 | |
| | Cyclohexane | 125 | | $\text{CH}_3\text{HC}=\text{N}-\text{OH} (E, Z)$ | -4.0, -2.3 | |
| | Cyclobutane | 136 | | $^{15}\text{N}-^1\text{H}$ | CH_3NH_2 | -64.5 |
| | Cyclopropane | 162 | | | $\text{CH}_3(\text{CO})\text{NH}_2$ | -89 |
| | Tetrahydrofuran (α, β) | 145, 133 | | | Pyridinium | -90.5 |
| | Norbornane (C1) | 142 | | $\text{HC}\equiv\text{N}^+\text{H}$ | -134 | |
| | Bicyclo[1.1.1]pentane (C1) | 164 | | $(\text{C}_6\text{H}_5)_2\text{C}=\text{NH}$ | -51.2 | |
| | Cyclohexene (C1) | 157 | | $^{15}\text{N}-^{15}\text{N}$ | Azoxybenzene | 12.5 |
| | Cyclopropene (C1) | 226 | | | Phenylhydrazine | 6.7 |
| | Benzene | 159 | | $^{15}\text{N}-^{31}\text{P}$ | $\text{C}_6\text{H}_5\text{NHP}(\text{CH}_3)_2$ | 53.0 |
| | 1,3-Cyclopentadiene (C2) | 170 | | | $\text{C}_6\text{H}_5\text{NH}(\text{PO})(\text{CH}_3)_2$ | -0.5 |
| | $\text{CH}_2=\text{CHBr}$ (gem) | 197 | | $^{13}\text{C}-^{13}\text{C}$ | $[(\text{CH}_3)_2\text{N}]_3\text{P}=\text{O}$ | -26.9 |
| | Acetaldehyde (CHO) | 172 | | | CH_3CH_3 | 35 |
| | Pyridine (α, β, γ) | 177, 157, 160 | | | $\text{CH}_3(\text{CO})\text{CH}_3$ | 40 |
| | Allene | 168 | | | $\text{CH}_3\text{CO}_2\text{H}$ | 57 |
| | Propyne ($\equiv\text{CH}$) | 248 | | | $\text{CH}_2=\text{CH}_2$ | 68 |
| | $(\text{CH}_3)_2\text{C}^+\text{H} (^-\text{CH})$ | 164 | | | $\text{CH}\equiv\text{CH}$ | 171 |
| $\text{HC}\equiv\text{N}$ | 269 | $^{31}\text{P}-^1\text{H}$ | $\text{C}_6\text{H}_5(\text{C}_6\text{H}_5\text{CH}_2)(\text{PO})\text{H}$ | 474 | | |
| Formaldehyde | 222 | | $^{31}\text{P}-^{31}\text{P}$ | $(\text{CH}_3)_2\text{P}-\text{P}(\text{CH}_3)_2$ | -179.7 | |
| Formamide | 191 | $(\text{CH}_3)_2(\text{PS})(\text{PS})(\text{CH}_3)_2$ | | 18.7 | | |

Table 4-2 Geminal Proton-Proton (H—C—H) Couplings (Hz)

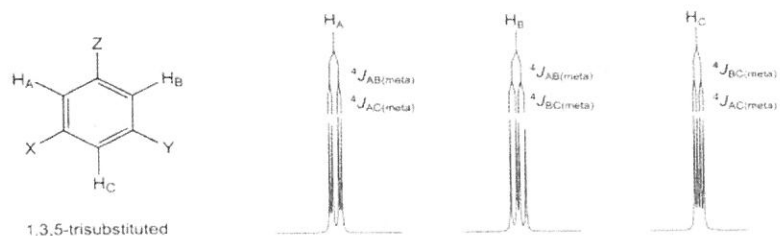
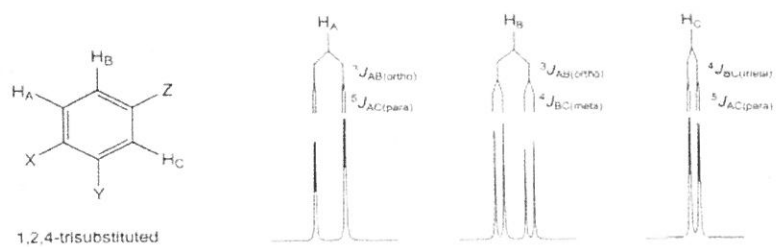
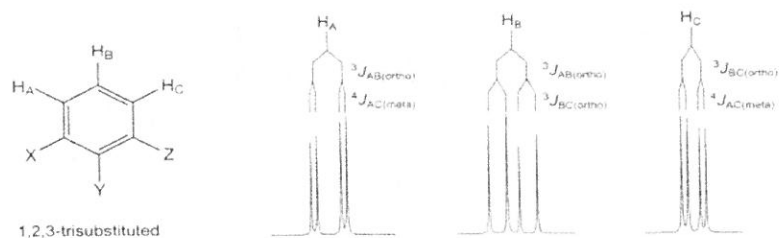
| | | | |
|-------------------------------------|-------|--|-------|
| CH_4 | -12.4 | Oxirane | +5.5 |
| $(\text{CH}_3)_4\text{Si}$ | -14.1 | $\text{CH}_2=\text{CH}_2$ | +2.3 |
| $\text{C}_6\text{H}_5\text{CH}_3$ | -14.4 | $\text{CH}_2=\text{O}$ | +40.2 |
| $\text{CH}_3(\text{CO})\text{CH}_3$ | -14.9 | $\text{CH}_2=\text{NOH}$ | 9.9 |
| CH_3CN | -16.9 | $\text{CH}_2=\text{CHF}$ | -3.2 |
| $\text{CH}_2(\text{CN})_2$ | -20.4 | $\text{CH}_2=\text{CHNO}_2$ | -2.0 |
| CH_3OH | -10.8 | $\text{CH}_2=\text{CHOCH}_3$ | -2.0 |
| CH_3Cl | -10.8 | $\text{CH}_2=\text{CHBr}$ | -1.8 |
| CH_3Br | -10.2 | $\text{CH}_2=\text{CHCl}$ | -1.4 |
| CH_3F | -9.6 | $\text{CH}_2=\text{CHCH}_3$ | 2.1 |
| CH_3I | -9.2 | $\text{CH}_2=\text{CHCO}_2\text{H}$ | 1.7 |
| CH_2Cl_2 | -7.5 | $\text{CH}_2=\text{CHC}_6\text{H}_5$ | 1.1 |
| Cyclohexane | -12.6 | $\text{CH}_2=\text{CHCN}$ | 0.9 |
| Cyclopropane | -4.3 | $\text{CH}_2=\text{CHLi}$ | 7.1 |
| Aziridine | +1.5 | $\text{CH}_2=\text{C}=\text{C}(\text{CH}_3)_2$ | -9.0 |

Table 4-3 Vicinal Proton-Proton (H—C—C—H) Couplings (Hz)

| | | | |
|---|------------|--|--------------|
| CH ₃ CH ₃ | 8.0 | CH ₂ =CH ₂ (cis, trans) | 11.5, 19.0 |
| CH ₃ CH ₂ C ₆ H ₅ | 7.62 | CH ₂ =CHLi (cis, trans) | 19.3, 23.9 |
| CH ₃ CH ₂ CN | 7.60 | CH ₂ =CHCN (cis, trans) | 11.75, 17.92 |
| CH ₃ CH ₂ Cl | 7.23 | CH ₂ =CHC ₆ H ₅ (cis, trans) | 11.48, 18.59 |
| (CH ₃ CH ₂) ₃ N | 7.13 | CH ₂ =CHCO ₂ H (cis, trans) | 10.2, 17.2 |
| CH ₃ CH ₂ OAc | 7.12 | CH ₂ =CHCH ₃ (cis, trans) | 10.02, 16.81 |
| (CH ₃ CH ₂) ₂ O | 6.97 | CH ₂ =CHCl (cis, trans) | 7.4, 14.8 |
| CH ₃ CH ₂ Li | 8.90 | CH ₂ =CHOCH ₃ (cis, trans) | 7.0, 14.1 |
| (CH ₃) ₂ CHCl | 6.4 | ClHC=CHCl (cis, trans) | 5.2, 12.2 |
| ClCH ₂ CH ₂ Cl (neat) | 5.9 | Cyclopropene (1-2) | 1.3 |
| Cl ₂ CHCHCl ₂ (neat) | 3.06 | Cyclobutene (1-2) | 2.85 |
| Cyclopropane (cis, trans) | 8.97, 5.58 | Cyclopentene (1-2) | 5.3 |
| Oxirane (cis, trans) | 4.45, 3.10 | Cyclohexene (1-2) | 8.8 |
| Aziridine (cis, trans) | 6.0, 3.1 | Benzene | 7.54 |
| Cyclobutane (cis, trans) | 10.4, 4.9 | C ₆ H ₅ Li (2-3) | 6.73 |
| Cyclopentane (cis, trans) | 7.9, 6.3 | C ₆ H ₅ CH ₃ (2-3) | 7.64 |
| Tetrahydrofuran (α-β: cis, trans) | 7.94, 6.14 | C ₆ H ₅ CO ₂ CH ₃ (2-3) | 7.86 |
| Cyclopentene (3-4: cis, trans) | 9.36, 5.72 | C ₆ H ₅ Cl (2-3) | 8.05 |
| Cyclohexane (av.: cis, trans) | 3.73, 8.07 | C ₆ H ₅ OCH ₃ (2-3) | 8.30 |
| Cyclohexane (ax-ax) | 12.5 | C ₆ H ₅ NO ₂ (2-3) | 8.36 |
| Cyclohexane (eq-eq and ax-eq) | 3.7 | C ₆ H ₅ N(CH ₃) ₂ (2-3) | 8.40 |
| Piperidine (av. α-β: cis, trans) | 3.77, 7.88 | Naphthalene (1-2, 2-3) | 8.28, 6.85 |
| Oxane (av. α-β: cis, trans) | 3.87, 7.41 | Furan (2-3, 3-4) | 1.75, 3.3 |
| Cyclohexanone (av. α-β: cis, trans) | 5.01, 8.61 | Pyrrole (2-3, 3-4) | 2.6, 3.4 |
| Cyclohexene (3-4: cis, trans) | 2.95, 8.94 | Pyridine (2-3, 3-4) | 4.88, 7.67 |



Characteristic aromatic splitting patterns in the ^1H NMR spectra of some disubstituted benzene rings.



Characteristic aromatic splitting patterns in the ^1H NMR spectra for some trisubstituted benzenes.

