

VOIE for first four rows, main group orbitals.

ATOM	ns	np
H	13.6	
He	24.6	
Li	5.4	3.55
Be	9.3	5.96
B	14	8.3
C	19.4	10.6
N	25.6	13.2
O	32.3	15.8
F	40.2	18.6
Ne	48.5	21.6
Na	5.1	3
Mg	7.6	4.53
Al	11.3	5.9
Si	14.9	7.7
P	18.8	10.1
S	20.7	11.6
Cl	25.3	13.7
Ar	29.2	15.8
K	4.3	
Ca	6.1	
Ga	12.6	6
Ge	15.6	7.6
As	17.6	9.1
Se	20.8	10.8
Br	24.1	12.5
Kr	27.5	14.3

Approximate VOIE for Transition metal ions

Metal	nd	(n+1)s	(n+1)p
Ti	10.8	9	5.4
V			
Cr	11.2	8.6	5.2
Mn	11.7	9.8	5.9
Fe	12.6	10.6	6.2
Co	13.2	9.2	5.3
Ni	14.2	10.9	6.3
Cu	14	11.4	6.1
Mo	10.5	8.3	5.2
Rh	12.5	8.1	4.6
Pt	12.6	9.1	5.5