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Specific Heat

Substance	Specific Heat (J/(g·°C)) *
Lead	0.128
gold	0.129
mercury	0.140
silver	0.234
iron	0.448
zinc	0.388
copper	0.387
aluminum	0.900
water (g) 100 °C	2.010
water (s) - 5 °C	2.090
water (l)	4.184

* Specific heats are measured at 25 °C and 1 atm, unless otherwise noted.