



Energy content

- Sand = 18
- Wood = 185
- lightweight concrete = 940
- Gypsum board = 1830
- Brick work = 5200
- cement = 4100
- glass = 11,100
- plastic = 18,500
- steel = ~~25,900~~ 19,200
- lead = 25,900
- copper = 29,600
- Aluminum 128,500

