

Compound	ΔG° of phosphate hydrolysis, kJ/mol
Phosphoenolpyruvate (PEP)	- 61.9
Phosphocreatine	- 43.1
Pyrophosphate	- 33.5
ATP (to ADP)	- 30.5
Glucose-6-phosphate	- 13.8
Glycerol-3-phosphate	- 9.2