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R value and heat capacity for NRG 10" block

NRG 10" block R-value 13.83

Based on:

2.5 inches of EPS @R-4.4/ inch, (R-11)

R- 2.15 for a mid-range 125 pcf block

<http://ncma-br.org/pdfs/66/TEK%2006-02C1.pdf>

$R-11 + R- 2.15 = R-13.15$

R- 0.68 interior air barrier R-value (NCMA thermal catalog 2nd edition)

R-value $13.15 + R-.68 = R-13.83$.

U value= $1/R = .072$

Heat capacity of NRG 10" block

59 lbs per 128 sq in X 1.12 = 66 lbs per sq ft x.21 (specific heat of concrete)

HC = wall weight (lb/ft²) x specific heat (Btu/lb °F)

HC = 71.98 lbs/ft² x 0.21 Btu/lb · °F

HC = 13.86 Btu/ft²