# Assignment of the ${ }^{1} \mathrm{H}$ and ${ }^{13} \mathrm{C}$ NMR spectra of 1-methyl-6-phenyl-1 $\alpha, 4 \alpha, 4 a \alpha, 5 \alpha, 8 \beta, 8 a \alpha$-hexahydro-1,4-methanonaphthalene-5,8-diol 

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Dedicated to Professor Henry J. Shine on the occasion of his $\mathbf{8 0}{ }^{\text {th }}$ birthday
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#### Abstract

The synthesis of the title compound, 5 , a tricyclic diol, is described. The ${ }^{1} \mathrm{H}$ and ${ }^{13} \mathrm{C}$ NMR spectra of 5 have been analyzed, and individual spectral resonance signals have been assigned to specific ${ }^{1} \mathrm{H}$ and ${ }^{13} \mathrm{C}$ nuclei, respectively, in this compound.


Keywords: ${ }^{1} \mathrm{H}$ and ${ }^{13} \mathrm{C}$ NMR spectral assignments, tricyclic diol

## Introduction

1,4-Methanonaphthalene derivatives (i.e., functionalized endo-tricyclo[6.2.1.0 ${ }^{2,7}$ ]undecanes) are of intense current interest as intermediates in the synthesis of natural products. ${ }^{1-3}$ Pursuant to our continuing interests in the synthesis and chemistry of novel polycarbocyclic "cage" compounds, ${ }^{4}$ several substituted 1,4-methanonaphthalenes have been prepared. ${ }^{5}$ In addition, we have reported the results of detailed NMR studies of several compounds of this general type. ${ }^{1 b, 6}$

In the present study, Diels-Alder reaction of a mixture of 1- and 2-methylcyclopentadienes (i.e., 1a and 1b, respectively) ${ }^{7}$ with 2-phenyl-2-benzoquinone (2) has been investigated. Preferential cycloaddition of $\mathbf{1 a}$ and $\mathbf{1 b}$ to the less highly substituted $\mathrm{C}=\mathrm{C}$ double bond in $\mathbf{2}^{2}$ potentially could lead to the formation of as many as four isomeric endo [4+2] cycloadducts (i.e., 3a-3d, Scheme 1). ${ }^{5 \mathrm{c}}$ Column chromatographic separation of the mixture of cycloadducts obtained from this reaction afforded a single, isomerically pure cycloadduct, 3a (vide infra), mp $77-78{ }^{\circ} \mathrm{C}$.

The fact that this cycloadduct indeed possesses the endo configuration was demonstrated by its facile intramolecular $[2+2]$ photocyclization to the corresponding pentacyclic cage diol. Thus, 3-methyl-7-phenylpentacyclo[5.4.0.02,6.03,10.05,9] undecane-8,11-dione (4, mp 116$117^{\circ} \mathrm{C}$ ) was formed by irradiating 3a with Pyrex-filtered sunlight. The structure of 4 has previously been established unequivocally via application of single crystal X-ray structural techniques. ${ }^{5 d}$ Thus, we conclude that the material isolated from the mixture of products derived via Diels-Alder cycloaddition of a mixture of $\mathbf{1 a}$ and $\mathbf{1 b}$ to $\mathbf{2}$ indeed possesses structure 3a (Scheme 1).


## Scheme 1

The reaction of $3 \mathbf{a}$ with $\mathrm{NaBH}_{4}-\mathrm{CeCl}_{3}{ }^{8}$ resulted in highly stereoselective reduction of both ketone $\mathrm{C}=\mathrm{O}$ groups, thereby affording a single tricyclic diol, i.e., $5, \mathrm{mp} 100.5-101.5{ }^{\circ} \mathrm{C}$. Subsequent irradiation of this diol resulted in facile intramolecular [2 +2$]$ photocyclization, thereby affording the corresponding cage diol, 6, mp $166-167^{\circ} \mathrm{C}$ (Scheme 2). The structure of $\mathbf{6}$ previously has been established unequivocally via single crystal X-ray structural analysis. 5 d

Armed with this pertinent structural information, a detailed NMR study of tricyclic diol 5 was undertaken in an effort to assign all individual resonance signals in its ${ }^{1} \mathrm{H}$ and ${ }^{13} \mathrm{C}$ NMR spectra. The results of this study are described below.


4


5


## Scheme 2

## Results and Discussion

NMR spectral assignments were made by using ${ }^{1} \mathrm{H}-{ }^{1} \mathrm{H}$ spin-spin coupling constant data together with information derived (i) by application of nuclear magnetic double resonance (NMDR) experiments, (ii) from a DEPT experiment, ${ }^{9}$ and (iii) from 2D COSY and long-range HETCOR ${ }^{10}$ spectra of 5 . There are three well-resolved vinyl proton resonances in the ${ }^{1} \mathrm{H}$ NMR spectrum of 5 ( $\delta 5.97,6.15$, and 6.50 ; see Figure 1). Inspection of the COSY spectrum (Figure 2) reveals that the resonance at $\delta 5.97$ correlates strongly with that at $\delta 6.15$ [i.e., $\mathrm{H}(2), \mathrm{H}(3)$ ], thereby permitting the remaining resonance signal at $\delta 6.50$ to be assigned to $\mathrm{H}(7)$. Inspection of the HETCOR spectrum of 5 reveals that $\mathrm{H}(7)$ correlates with the ${ }^{13} \mathrm{C}$ resonance at $\delta$ 131.3, which thus can be assigned to $\mathrm{C}(7)$.


Figure 1. Expanded downfield region of the $300 \mathrm{MHz}{ }^{1} \mathrm{H}$ NMR spectrum (resolution enhanced) of 5 .

The norbornene $\mathrm{C}=\mathrm{C}$ vinyl protons, $\mathrm{H}(2)$ and $\mathrm{H}(3)$, are readily distinguished by inspection of their spin-spin coupling patterns. Thus, the absorption signal at $\delta 6.15[\mathrm{H}(3)]$ displays two vicinal couplings $\left[{ }^{3} \mathrm{~J} \mathrm{H}(2) \mathrm{H}(3)=5.5 \mathrm{~Hz},{ }^{3} \mathrm{~J} \mathrm{H}(3) \mathrm{H}(4)=3.1 \mathrm{~Hz}\right.$ ], whereas the signal at $\delta 5.97$ $[\mathrm{H}(2)]$ displays one vicinal $\left[{ }^{3} \mathrm{~J}(2) \mathrm{H}(3)=5.5 \mathrm{~Hz}\right]$ and one allylic $\left[{ }^{4} J \mathrm{H}(2) \mathrm{H}(4)=0.9 \mathrm{~Hz}\right]$ coupling. Double irradiation of the proton signal at $\delta 2.81[\mathrm{H}(4)]$ causes the signals that correspond to $\mathrm{H}(2)$ and $\mathrm{H}(3)$ to collapse into a simple AB pattern $\left[J_{A B}=5.5 \mathrm{~Hz}\right.$ ]. Inspection of the corresponding HETCOR spectrum of 5 permits assignment of the ${ }^{13} \mathrm{C}$ signals at $\delta 138.0$, 133.4, and 45.5 to $C(2), C(3)$, and $C(4)$, respectively.


Figure 2. 2D COSY spectrum of 5.

The results of a DEPT experiment ${ }^{9}$ permit assignment of the peaks at $\delta 52.3(\mathrm{~s}), 59.5(\mathrm{t})$, and 17.7 (q) to $\mathrm{C}(1), \mathrm{C}(9)$, and the $\mathrm{C}(1)-\underline{\mathrm{CH}} 3$ methyl carbon atoms, respectively. The methyl group protons appear as a singlet at $\delta 1.34$, and the bridging methylene protons, $\mathrm{H}(9 \mathrm{a})$ and $\mathrm{H}(9 \mathrm{~s})$ appear as an unresolved multiplet centered at $\delta 1.41$ in the ${ }^{1} \mathrm{H}$ NMR spectrum of 5 . Double irradiation of the proton signal at $\delta 2.81[\mathrm{H}(4)]$ causes the signal that corresponds to $\mathrm{H}(9 \mathrm{a})$ and $\mathrm{H}(9 \mathrm{~s})$ to collapse to an AB pattern $\left[\delta \mathrm{A} 1.39 ; \delta \mathrm{B} 1.42 ; J_{\mathrm{AB}}=7.9 \mathrm{H}\right)$. We are not able to further
assign these two resonance signals, i.e., $\delta_{\mathrm{A}}$ and $\delta_{\mathrm{B}}$, to individual protons $\mathrm{H}(9 \mathrm{a})$ and $\mathrm{H}(9 \mathrm{~s})$ with certainty.

Inspection of the long-range HETCOR spectrum of 5 (optimized for ${ }^{3} J_{\mathrm{CH}}$ couplings) permits assignment of $\mathrm{H}(4 \mathrm{a})$ and $\mathrm{H}(8 \mathrm{a})$. The ${ }^{13} \mathrm{C}$ NMR resonance signal at $\delta 138.0[\mathrm{C}(2)]$ displays ${ }^{3} \mathrm{~J}^{\mathrm{CH}}$ correlations with the $\mathrm{C} \underline{H} 3$ protons and also with the proton signals that appear at $\delta 1.41[\mathrm{H}(9 \mathrm{a})$, $\mathrm{H}(9 \mathrm{~s})], 2.11[\mathrm{H}(4)$ or $\mathrm{H}(8 \mathrm{a})]$ and $2.81[\mathrm{H}(8 \mathrm{a})$ or $\mathrm{H}(4)]$. Since the signal at $\delta 2.81$ correlates with the signal at $\delta 6.15[\mathrm{H}(3)]$ in the COSY spectrum of 5 , the resonance signal at $\delta 2.81$ can be assigned to $\mathrm{H}(4)$. Thus, the remaining ${ }^{1} \mathrm{H}$ NMR signal at $\delta 2.11$ must correspond to $\mathrm{H}(8 \mathrm{a})$.

In addition, inspection of the long-range HETCOR spectrum reveals the existence of threebond correlations between the ${ }^{13} \mathrm{C}$ NMR resonance at $\delta 133.4[\mathrm{C}(3)]$ and the proton signals at $\delta$ $1.41[\mathrm{H}(9 \mathrm{a}), \mathrm{H}(9 \mathrm{~s})]$ and 2.66 , respectively. Thus, the resonance signal at $\delta 2.66$ can be assigned to $\mathrm{H}(4 \mathrm{a})$. Inspection of the HETCOR spectrum also permits assignment of the ${ }^{13} \mathrm{C}$ resonance signals at $\delta 49.1$ and 50.3 , which correlate with $\mathrm{H}(4 \mathrm{a})$ and $\mathrm{H}(8 \mathrm{a})$, respectively.

Assignments of protons $\mathrm{H}(5)$ and $\mathrm{H}(8)$ follow from inspection of the COSY spectrum of 5. Here, the signal at $\delta 2.11[\mathrm{H}(8 \mathrm{a})]$ is seen to correlate with peaks at $\delta 2.66[\mathrm{H}(4 \mathrm{a})]$ and 4.45 [which we assign to $\mathrm{H}(8)$ ]. Proton $\mathrm{H}(8 \mathrm{a})$ appears as a double doublet; the larger of the two couplings $\left(\mathrm{J}_{1}=10.9 \mathrm{~Hz}\right)$ is to $\mathrm{H}(4 \mathrm{a})$, whereas the smaller $\left(\mathrm{J}_{2}=4.9 \mathrm{~Hz}\right)$ is to $\mathrm{H}(8)$. The signal at $\delta 2.66[\mathrm{H}(4 \mathrm{a})]$ correlates with three resonances, i.e., $\delta 2.11\left[\mathrm{H}(8 \mathrm{a}), J_{1}=10.9 \mathrm{~Hz}\right), 2.81\left[\mathrm{H}(4), J_{2}\right.$ $=4.8 \mathrm{~Hz}]$, and 4.65 [ $J_{3}=3.3 \mathrm{~Hz}$, which we assign to $\left.\mathrm{H}(5)\right]$. Inspection of the HETCOR spectrum permits assignment of the ${ }^{13} \mathrm{C}$ resonance signals at $\delta 69.0$ and 63.3 , which correlate with $\mathrm{H}(5)$ and $\mathrm{H}(8)$, respectively.

Only one vinyl carbon $[\mathrm{C}(6)]$ and the aromatic carbon resonances remain to be assigned. Data contained in the long-range HETCOR spectrum permits these assignments to be made with confidence. Thus, two long-range ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ correlations appear, both of which involve the ${ }^{13} \mathrm{C}$ resonance signal at $\delta 148.9$. One of these is a ${ }^{3} J \mathrm{CH}$ coupling to the proton resonance signal at $\delta$ $4.45[\mathrm{H}(8)]$, and the other is a ${ }^{2} J_{\mathrm{CH}}$ correlation with the proton signal at $\delta 4.65[\mathrm{H}(5)]$. Hence, the ${ }^{13} \mathrm{C}$ resonance signal at $\delta 148.9$ is assigned to $\mathrm{C}(6)$.

The lone remaining downfield singlet in the proton noise-decoupled ${ }^{13} \mathrm{C}$ NMR spectrum of 5 (at $\delta 140.0$ ) therefore corresponds to the ipso aromatic carbon atom. Other aromatic carbon resonance signals appear as doublets at $\delta 125.6,127.6$, and 128.4.

Finally, the broad singlet at $\delta 2.97$ in the ${ }^{1} \mathrm{H}$ NMR spectrum of 5 is assigned to the proton signals associated with the $\mathrm{O} \underline{H}$ groups. This assignment is supported by the fact that this peak disappears from the spectrum upon addition of a few drops of $\mathrm{D}_{2} \mathrm{O}$ to the NMR sample tube that contains a $\mathrm{CDCl}_{3}$ solution of 5 .

Approximate values of the torsion angles along bonding pathways $\mathrm{H}(4 \mathrm{a})-\mathrm{C}(4 \mathrm{a})-\mathrm{C}(5)-\mathrm{H}(5)$ and $\mathrm{H}(8 \mathrm{a})-\mathrm{C}(8 \mathrm{a})-\mathrm{C}(8)-\mathrm{H}(8)$ can be estimated from published X-ray data for 1,6-dimethyl$1 \alpha, 4 \mathrm{a} \alpha, 5 \alpha, 8 \beta, 8 \mathrm{a} \alpha$-hexahydro-1,4-methanonaphthalene- 5,8 -diol, 5 a a compound whose overall molecular structure is closely analogous to that of 5 . The values of these two torsion angles as estimated in this fashion are $40.8^{\circ}$ and $-43.4^{\circ}$, respectively. ${ }^{11}$ By using molecular mechanics calculations based upon Allinger's MM2 force-field ${ }^{12}$ in PCMODEL, ${ }^{13}$ we can estimate the
analogous torsion angles in 5 to be $43^{\circ}$ and $-40^{\circ}$, respectively. These angles correspond to calculated couplings constants of ${ }^{3} \mathrm{~J} \mathrm{H}(4 \mathrm{a}) \mathrm{H}(5)=3.89 \mathrm{~Hz}$ and ${ }^{3} \mathrm{~J} \mathrm{H}(8 \mathrm{a}) \mathrm{H}(8)=4.32 \mathrm{~Hz}$ (obtained by using Altona ${ }^{14}$ equations, which are contained within the PCMODEL program). Thus, the observed magnitudes of the two vicinal couplings ${ }^{3} \mathrm{~J}(4 \mathrm{a}) \mathrm{H}(5)$ and ${ }^{3} \mathrm{~J} \mathrm{H}(8 \mathrm{a}) \mathrm{H}(8)$ (i.e., 4.8 and 4.9 Hz , respectively) suggest that each pair of mutually coupled protons is oriented cis (rather than trans).

The same computational approach was applied to the isomer of 5 in which the configurations of both $\mathrm{C}(5)$ and $\mathrm{C}(8)$ were inverted. For this cis diol (with exo-OH groups), the torsion angles along bonding pathways $\mathrm{H}(4 \mathrm{a})-\mathrm{C}(4 \mathrm{a})-\mathrm{C}(5)-\mathrm{H}(5)$ and $\mathrm{H}(8 \mathrm{a})-\mathrm{C}(8 \mathrm{a})-\mathrm{C}(8)-\mathrm{H}(8)$ were calculated (PCMODEL) to be $171^{\circ}$ and $-166^{\circ}$, respectively, with associated coupling constants of 10.23 and 9.75 Hz , respectively. Clearly, these calculations support the NMR coupling constant data upon which the suggested stereochemistries of the $\mathrm{C}(5)-\mathrm{OH}$ and $\mathrm{C}(8)-\mathrm{OH}$ bonds in 5 are based and also the conclusions derived from X-ray data for 6.5 d

## Summary and Conclusions

Proton and ${ }^{13} \mathrm{C}$ NMR spectra of 5 have been assigned by using ${ }^{1} \mathrm{H}-{ }^{1} \mathrm{H}$ and ${ }^{1} \mathrm{H}-{ }^{13} \mathrm{C}$ coupling constant data together with information derived (i) by application of nuclear magnetic double resonance (NMDR) experiments, (ii) from data obtained by using a DEPT ${ }^{9}$ experiment, and (iii) from relevant 2D COSY and long-range HETCOR ${ }^{10}$ spectra. These spectral assignments are summarized in Table 1. Conclusions regarding the stereochemistry of the $\mathrm{C}(5)-\mathrm{OH}$ and $\mathrm{C}(8)-\mathrm{OH}$ bonds in $\mathbf{5}$ are supported by the results of molecular mechanics calculations.

Table 1. Proton and carbon chemical shifts and coupling constants in 5


## Experimental Section

General Procedures. Melting points are uncorrected. Elemental microanalyses were performed by personnel at Galbraith Laboratories, Inc., Knoxville, TN.

1-Methyl-6-phenyl-1 $\alpha, 4 \alpha, 4 \mathrm{a} \alpha, 8 \mathrm{a} \alpha-$ tetrahydro-1,4-methanonaphthalene-5,8-dione (3a). A solution of 2-phenyl-p-benzoquinone ( $2,5.0 \mathrm{~g}, 27 \mathrm{mmol}$ ) in benzene ( 60 mL ) was cooled to 0 $5^{\circ} \mathrm{C}$ via application of an external ice-water bath. To this cooled solution was added with stirring freshly cracked methylcyclopentadiene $\operatorname{dimer}^{7}(2.18 \mathrm{~g}, 27 \mathrm{mmol})$. The resulting mixture was stirred at $0-5^{\circ} \mathrm{C}$ during 4 h and then was concentrated in vacuo. The crude product, a mixture of
$[4+2]$ cycloadducts, was obtained as a yellow oil $(6.47 \mathrm{~g}, 90 \%)$. This material was purified via flash column chromatography on silica gel by eluting with $5 \%$ EtOAc-hexane. Pure 3 a ( 2.88 g , $40 \%$ ) was thereby obtained as a yellow microcrystalline solid: mp 77-78 ${ }^{\circ} \mathrm{C}$; IR ( KBr ) $3005(\mathrm{~m})$, 1655 (vs), 1618 (m), 1460 (m), 1360 (w), 1275 (s), 1105 (m), 780 (m), $760(\mathrm{~m}), 735 \mathrm{~cm}^{-1}(\mathrm{~s}) ;{ }^{1} \mathrm{H}$ NMR $\left(\mathrm{CDCl}_{3}\right) \delta 1.55\left(\mathrm{AB}, J_{A B}=8.6 \mathrm{~Hz}, 1 \mathrm{H}\right), 1.49\left(\mathrm{AB}, J_{A B}=8.6 \mathrm{~Hz}, 1 \mathrm{H}\right), 1.60(\mathrm{~s}, 3 \mathrm{H}), 2.98$ $(\mathrm{d}, J=8.6 \mathrm{~Hz}, 1 \mathrm{H}), 3.45-3.57(\mathrm{~m}, 2 \mathrm{H}), 5.91(\mathrm{~d}, J=6.5 \mathrm{~Hz}, 1 \mathrm{H}), 6.04-6.13(\mathrm{~m}, 1 \mathrm{H}), 7.15(\mathrm{~s}, 1$ $\mathrm{H}), 7.32-7.50(\mathrm{~m}, 5 \mathrm{H}) ;{ }^{13} \mathrm{C} \operatorname{NMR}\left(\mathrm{CDCl}_{3}\right) \delta 17.3$ (q), 49.97 (d), 52.04 (d), 53.8 (d), 55.7 (t), 58.1 (s), 128.5 (d), 128.9 (d), 130.1 (d), 133.5 ( s), 134.8 (d), 139.1 (d), 139.8 (d), 151.5 ( s), 199.3 (s), 199.7 (s). Mass spectrum $m / z$ (relative intensity) (no parent ion) 184 (75), 156 (55), 128 (47), 102 (49), 82 (100), 76 (26), 54 (91). Anal. Calcd for $\mathrm{C}_{18} \mathrm{H}_{16} \mathrm{O}_{2}: \mathrm{C}, 81.79$; H, 6.10. Found: C, 81.40; H, 6.13 .

Intramolecular [2 + 2] photocyclization of 3a afforded 4, whose structure has previously been established unequivocally via application of single crystal X-ray structural techniques. ${ }^{5 \mathrm{~d}}$
1-Methyl-6-phenyl-1 $\alpha, 4 \alpha, 4 a \alpha, 5 \alpha, 8 \beta, 8 a \alpha-h e x a h y d r o-1,4$-methanonaphthalene-5,8-diol (5). A solution of $3 \mathbf{a}(1.85 \mathrm{~g}, 7.00 \mathrm{mmol})$ and $\mathrm{CeCl}_{3} \cdot 7 \mathrm{H}_{2} \mathrm{O}(50 \mathrm{~mL}$ of a 0.60 M solution in $\mathrm{MeOH}, 30$ mmol ) was placed in a 250 mL round-bottom flask, which then was cooled to $0-5{ }^{\circ} \mathrm{C}$ via application of an external ice-water bath. To this cooled solution was added portionwise with stirring powdered $\mathrm{NaBH}_{4}(570 \mathrm{mg}, 28 \mathrm{mmol})$ in such a manner that the temperature of the reaction mixture did not exceed $5{ }^{\circ} \mathrm{C}$. After the addition of $\mathrm{NaBH}_{4}$ had been completed, the external ice-water bath was removed, and the stirred reaction mixture was allowed to warm gradually to ambient temperature during 0.5 h . Thin layer chromatographic (tlc) analysis of the reaction mixture indicated the absence of starting material (3a). The reaction was quenched via careful, portionwise addition of distilled water $(50 \mathrm{~mL})$. The resulting aqueous suspension was extracted with $\mathrm{CH}_{2} \mathrm{Cl}_{2}(5 \times 40 \mathrm{~mL})$, dried $\left(\mathrm{MgSO}_{4}\right)$ and filtered, and the filtrate was concentrated in vacuo. Crude 5 thereby obtained was further purified via flash column chromatography on silica gel by eluting with $1: 12$ EtOAc-hexane. Fractional recrystallization of the eluate from EtOAc-hexane afforded pure $5(1.5 \mathrm{~g}, 80 \%)$ as a colorless microcrystalline solid: $\mathrm{mp} 100.5-101.5^{\circ} \mathrm{C}$; IR (KBr) 3235 ( s ), 2930 ( s ), 1455 (m), 1360 (m), 1300 (m), 1170 (m), 1140 (m), 1030 (s), $950(\mathrm{~m}), 780(\mathrm{~s}), 720 \mathrm{~cm}^{-1}(\mathrm{~s}) ;{ }^{1} \mathrm{H}$ NMR $\left(\mathrm{CDCl}_{3}\right)$ and ${ }^{13} \mathrm{C}$ NMR $\left(\mathrm{CDCl}_{3}\right)$ : See Table 1. Anal. Calcd for $\mathrm{C}_{18} \mathrm{H}_{20} \mathrm{O}_{2}$ : C, 80.56; H, 7.51. Found: C, 80.28; H, 7.51.

Intramolecular [2+2] photocyclization of 5 afforded $\mathbf{6}$, whose structure has previously been established unequivocally via application of single crystal X-ray structural techniques. ${ }^{5 d}$

Acquisition of NMR spectral data. Proton and ${ }^{13} \mathrm{C}$ NMR spectra were recorded on Varian XL300 and Varian VXR-300 NMR spectrometers by using $10 \%$ solutions in $\mathrm{CDCl}_{3}$ with $\mathrm{Me}_{4} \mathrm{Si}$ internal standard. All 1D and 2D NMR pulse sequences were run by using standard software supplied by Varian Associates, Inc., version 6.1d. COSY spectra were obtained with spectral windows of 2186.3 Hz in both dimensions, acquisition times of $0.23 \mathrm{~s}, 256$ increments with 16 transients per increment, a delay of 2.0 s between transients, and data processed as $1024 \times 1024$ matrices. HETCOR and long-range HETCOR spectra were obtained by using acquisition times
of 0.1 s , 256 increments with 64 transients per increment, a delay of 3.0 s between transients, and data processed as $2048 \times 512$ matrices. Long-range HETCOR experiments, performed by using a value of 8 Hz for the average long-range $J_{\mathrm{CH}}$, resulted in the acquisition of cross-peaks that correspond almost exclusively to three-bond correlations, ${ }^{3} J_{\mathrm{CH}}$.

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