

Energy Payoff Phase

2 NAD⁺ →
2 (NADH + H⁺)

Oxidation &
phosphorylation

2 ADP + 2P →
2ATP

2 × Glyceraldehyde-3-phosphate (3C)

Substrate level
phosphorylation

2 × 1,3- bisphosphoglycerate (3C)

Isomerization

2 × phosphoenolpyruvate (3C)

2 ADP + 2P →
2ATP

Substrate level
phosphorylation

2 × pyruvate (3C)

Dehydration

2 × 3-phosphoglycerate (3C)

2P ←

2 × 2-phosphoglycerate (3C)

