

Table 1S. Lithiation and delithiation capacity of first, second and last (134th) cycle of SiOC samples recorded at current density of **18.6 / mA·g⁻¹** (**65.8 mA·cm⁻²**).

Sample	1 st cycle <i>C</i> / mAh·g ⁻¹			2 nd cycle <i>C</i> / mAh·g ⁻¹			Last cycle <i>C</i> / mAh·g ⁻¹		
	<i>C_L</i>	<i>C_D</i>	Efficiency / %	<i>C_L</i>	<i>C_D</i>	Efficiency / %	<i>C_L</i>	<i>C_D</i>	Efficiency / %
PhTES:VTES 2:1	1462	900	61.5	884	831	94	575	558	96.8
PhTES:VTES 2:1 (1300°C)	1306	820	62.8	863	810	93.8	524	505	96.4
PhTES:VTES 1:1	1470	876	59.6	801	767	95.8	569	553	97.2
PhTES:VTES 1:2	1381	875	63.3	878	824	93.8	583	558	95.6
VTES	1514	751	49.6	829	690	83.2	379	357	94.2
VTES:MTES 3:1	1164	584	50.1	570	481	84.4	51.5	48	93.2
VTES:MTES 2:1	1397	714	51.1	685	559	81.6	186	181	97.1