HEFFERNAN ROBERT

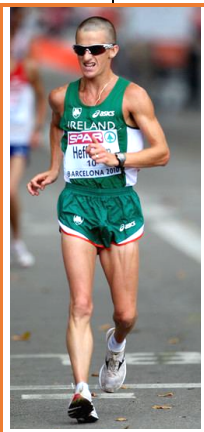
20 - 02 - 1978

Personal Best

5.000 mt.	*(indoor)*	**18:51.46**	Belfast (Gbr)	26.01.2008
5.000 mt.	*(track)*	**18:59.37**	Gavá (Esp)	30.06.2007
5 km.	*(road)*	**21:46**	Guadix (Esp)	30.10.2010
10 km.	*(road)*	**39:15**	La Coruña (Esp)	17.09.2011
10.000 mt.	*(track)*	**38:27.57**	Dublin (Irl)	20.07.2008
20 km.	*(road)*	**1:19:22**	Cheboksary (Rus)	10.05.2008
50 km.	*(road)*	**3:37:54**	London (Gbr)	11.08.2012

Ranking 20 km. (average = 1:20:27)

01	***1:19:22***	Cheboksary	10.05.2008
02	***1:20:15***	Naumburg	05.05.2002
03	***1:20:15***	Leamington	20.05.2007
04	***1:20:18***	London	04.08.2012
05	***1:20:34***	Kracow	24.05.2008
06	***1:20:36***	Beijing	16.08.2008
07	***1:20:39***	Lugano	18.03.2012
08	***1:20:45***	Lugano	14.03.2010
09	***1:20:54***	Lugano	20.03.2011
10	***1:20:55***	La Coruña	05.06.2004



Ranking 50 km. (average = 3:44:44)

01	***3:37:54***	London	11.08.2012
02	***3:37:56***	Moskva	14.08.2013
03	***3:43:55***	Rio de Janeiro	19.08.2016
04	***3:44:17***	Beijing	29.08.2015
05	***3:44:41***	London	13.08.2017
06	***3:45:30***	Barcelona	30.07.2010
07	***3:48:44***	Dudince	21.03.2015
08	***3:49:28***	Naumburg	24.09.2011
09	***3:50:08***	Dudince	27.03.2010

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2000 = 28°	2001 = 14°	1999 = 70°	2002 = 8°	2000 = 18°
2004 = Dq.	2005 = Dq.	2004 = 27°	2010 = 4°	2001 = 17°
2008 = 8°	2007 = 6°	2008 = 9°		2003 = Dnf.
2012 = 9°	2009 = 14°	2012 = 6°		2005 = 15°
		2014 = 22°		2007 = 5°
		2016 = 68°		2009 = 4°
				2011 = 7°
				2013 = 8°
				2015 = 5°
				2017 = 13°

20 km.	*50 km.*				*10.000 mt.*
European U23 Championships	**Olympic Games**	**World Championships**	**European Championships**	**European Cup**	**European U20 Championships**
1999 = 13°	2012 = 3°	2013 = 1°	2010 = 4°	2000 = Dnf.	1997 = 14°
	2016 = 6°	2015 = 5°	2014 = Dnf.		
		2017 = 7°			