

HEFFERNAN ROBERT

20 - 02 - 1978



<i>Personal Best</i>							
5.000 mt.	<i>(indoor)</i>	18:51.46	Belfast			26.01.2008	
5.000 mt.	<i>(track)</i>	18:59.37	Gavá			30.06.2007	
5 km.	<i>(road)</i>	21:46	Guadix			30.10.2010	
10 km.	<i>(road)</i>	39:15	La Coruña			17.09.2011	
10.000 mt.	<i>(track)</i>	38:27.57	Dublin			20.07.2008	
20 km.	<i>(road)</i>	1h19:22	Cheboksary			10.05.2008	
50 km.	<i>(road)</i>	3h37:54	London			11.08.2012	
<i>Ranking 20 km.</i> (average = 1h20:27)				<i>Ranking 50 km.</i>			
01	1h19:22	Cheboksary	10.05.2008	01	3h37:54	London	11.08.2012
02	1h20:15	Naumburg	05.05.2002	02	3h37:56	Moskva	14.08.2013
03	1h20:15	Leamington	20.05.2007	03	3h43:55	Rio de Janeiro	19.08.2016
04	1h20:18	London	04.08.2012	04	3h44:17	Beijing	29.08.2015
05	1h20:34	Kracow	24.05.2008	05	3h44:41	London	13.08.2017
06	1h20:36	Beijing	16.08.2008	06	3h45:30	Barcelona	30.07.2010
07	1h20:39	Lugano	18.03.2012	07	3h48:44	Dudince	21.03.2015
08	1h20:45	Lugano	14.03.2010	08	3h49:28	Naumburg	24.09.2011
09	1h20:54	Lugano	20.03.2011	09	3h50:08	Dudince	27.03.2010
10	1h20:55	La Coruña	05.06.2004				

Career Highlights

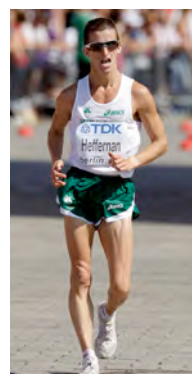
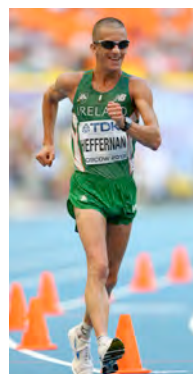
20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2000 = 28° 2004 = Dq. 2008 = 8° 2012 = 9°	2001 = 14° 2005 = Dq. 2007 = 6° 2009 = 14°	1999 = 70° 2004 = 27° 2008 = 9° 2012 = 9° 2014 = 23° 2016 = 68°	2002 = 8° 2010 = 4°	2000 = 18° 2001 = 17° 2003 = Dnf. 2005 = 15° 2007 = 5° 2009 = 4° 2011 = 8° 2013 = 9° 2015 = 5° 2017 = 13°

50 km.

Olympic Games	World Championships	European Championships	European Cup
2012 = 3° 2016 = 6°	2013 = 1° 2015 = 5° 2017 = 8°	2010 = 4° 2014 = Dnf.	2000 = Dnf.

* update at 31 december 2017





OTHERS RESULTS 20 KM. < 1h23:00

11	1h20:57	Lugano	16.03.2014	20	1h21:54	Douglas	17.02.2001
12	1h21:00	Barcelona	27.07.2010	21	1h22:09	Berlin	15.08.2009
13	1h21:00	Taicang	04.05.2014	22	1h22:10	Tijuana	20.03.2004
14	1h21:10	Munchen	06.08.2002	23	1h22:24	Köbenhavn	07.10.2006
15	1h21:11	Leamington	21.04.2001	24	1h22:38	La Coruña	02.06.2007
16	1h21:28	Rio Maior	14.04.2012	25	1h22:40	Podebrady	21.05.2017
17	1h21:50	Rio Maior	09.04.2011	26	1h22:41	Dudince	19.03.2016
18	1h21:51	Saransk	12.05.2012	27	1h22:43	Eisenhüttenstadt	17.06.2000
19	1h21:52	Shenzhen	24.03.2007	28	1h22:58	Naumburg	02.05.2004

