

Enzo Favoino's track record

Early sportive life (on land: running)

Middle-distance runner (800m, 1500m, Mile, 3000st) on track, but a lover of large spaces, I always preferred road running and cross-country races

A few dozen marathons (PB: 3h18') and ultramarathons (up to 100k) under my belt

Second sportive life (on snow: Nordic skiing)



Various cross-country ski ultramarathons

Participant 5 times in the 24h cross-country skiing competition

Milan City inter-club champion in 1987



Third sportive life (water, ice: swimming)

Master swimmer since 2009

As with running, I always preferred swimming in open waters over swimming in the pool

4 times finisher, Gran Fondo del Naviglio (25 km)

Moved to ice swimming in 2015

7 official IISA Ice km

Category winner at the Ice km in the Estonian Ice Swimming Open (2017; water temp 0°C)

2 participations in the IISA Ice Swimming World Championship

One of the 2 Italians who have successfully swum the ice mile (twice); first Italian who has swum an Extreme Ice Mile



Ecoswims



I have long promoted the synergy between sporting activities and environmental commitment (also part of my professional profile, I'm an environmental researcher and advisor to Governmental and International Institutions); I personally accomplished, organised and promoted various eco-swims, including in icy waters, to draw attention of media and public opinion to environmental issues as climate change and plastic leakage into seas and oceans