



ABOUT ME

Versatile and endurance-focused canoe athlete with 23 years of experience in marathon canoe racing at national and international levels. SUPC athlete since 2016 with several participations in national competitions


Rui Duarte Cristino Lacerda

Date of birth: 08/10/1991


Nationality: Portuguese

Gender: Male

CONTACT

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WORK EXPERIENCE

2009 – CURRENT Ponte de Lima, Portugal

High-Performance Athlete Portuguese Canoeing Federation

Stand Up Paddler since 2016, winner of the Portuguese Speed Cup in the SUPC 200m and 1000m distances.

Canoe Paddler career highlights:

Bronze Medalist at the World Games
4x Medalist at World Championships
7x Medalist at European Championships
4x Medalist at World Cup Events
23 National Championship Titles

24/09/2021 – CURRENT Viana do Castelo, Portugal

Firefighter (Professional Firefighter) Viana do Castelo

Highly trained firefighter with a strong background in urban, industrial, and rural fire suppression, emergency response, and technical rescue operations. Dedicated to protecting communities through effective risk assessment, fire prevention education, and technical advisories on fire safety compliance.

Perform rescue and transportation of victims and patients, including pre-hospital emergency care.

01/10/2024 – CURRENT

Canoeing Coach Clube Nautico de Ponde de Lima

Dedicated canoeing coach with expertise in skill development, endurance training, and race strategy. Skilled in athlete safety, equipment maintenance, and fostering teamwork. Committed to guiding athletes to peak performance through goal setting, performance tracking, and supportive coaching.

04/05/2015 – 21/09/2021 Braga, Portugal

Officer in the Portuguese Army Ministry of National Defense

Physical Education Officer
Shooting Officer / Shooting Instructor
Platoon Commander
Chief of the Financial Logistics Subsection
Legal Officer

EDUCATION AND TRAINING

21/09/2021 – 14/07/2022 Lisbon, Portugal

Firefighter Training Course Lisbon Fire Brigade Regiment

Level in EQF EQF level 4

2018 – 2018

Level 1 Canoeing Coach course IPDJ

04/05/2015 – 28/08/2015 Mafra, Portugal

Army Officer Training Course Portuguese Army

2011 – 2014 Coimbra, Portugal

Bachelor's Degree in Sport Sciences and Physical Education Faculty of Sport Sciences and Physical Education, University of Coimbra

Level in EQF EQF level 6

LANGUAGE SKILLS

MOTHER TONGUE(S): Português

Other language(s):

English

Listening B1

Spoken production B1

Reading B1

Spoken interaction B1

Writing B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user