| | rowsandall | | | | NK Link Logbook | | |
|--|--|---------------------------------------|---------------------------------------|---------------------------------------|--|------------------|----------------------------|
| Feature | BASIC | PRO | SELF-COACH | COACH | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| Annual Cost | Free | €15/20 | €65/75 | €200/250 (up to 10 athletes) | Free | \$100 | Not Yet Priced |
| | | | | | | | |
| Compatibility | BASIC Speedcoach | PRO Speedcoach | SELF-COACH Speedcoach | COACH Speedcoach | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| Compatible OTW Devices | Speedcoach GPS | Speedcoach GPS | Speedcoach GPS | Speedcoach GPS | Speedcoach GPS | | |
| | CrewNerd | CrewNerd | CrewNerd | CrewNerd | | | |
| | RIM BoatCoach | RIM BoatCoach | RIM BoatCoach | RIM BoatCoach | | | |
| Compatible Erg Devices | Painsled (PM3,4,5) | Painsled (PM3,4,5) | Painsled (PM3,4,5) | Painsled (PM3,4,5) | | | |
| | ergdata (PM3,4,5) rowpro (PM3,4,5) | ergdata (PM3,4,5) rowpro (PM3,4,5) | ergdata (PM3,4,5) rowpro (PM3,4,5) | ergdata (PM3,4,5) rowpro (PM3,4,5) | | | |
| | RowPerfect | RowPerfect | RowPerfect | RowPerfect | | | |
| Export Capabilities | Concept2 Logbook Strava | Concept2 Logbook Strava | Concept2 Logbook Strava | Concept2 Logbook Strava | Fall 2018 | | |
| | Sporttracks | Sporttracks | Sporttracks | Sporttracks | | | |
| | Runkeeper MapmyFitness | Runkeeper MapmyFitness | Runkeeper MapmyFitness | Runkeeper MapmyFitness | | | |
| | TrainingPeaks | TrainingPeaks | TrainingPeaks | TrainingPeaks | | | |
| | CSV GPX | CSV GPX | CSV GPX | CSV GPX | | | |
| | TCX | TCX | TCX | TCX | | | |
| Import Capabilities | Concept2 Logbook Strava | Concept2 Logbook Strava | Concept2 Logbook Strava | Concept2 Logbook Strava | | | |
| | Sporttracks | Sporttracks | Sporttracks | Sporttracks | | | |
| | Runkeeper | Runkeeper | Runkeeper | Runkeeper | | | |
| | MapmyFitness CSV | MapmyFitness CSV | MapmyFitness CSV | MapmyFitness CSV | | | |
| | GPX | GPX | GPX | GPX | | | |
| Automatic Synchronization with other fitness sites | TCX | TCX | TCX | TCX | | 1 | |
| | | | • | | | | |
| Live / Virtual Features Virtual Racing | BASIC | PRO V | SELF-COACH | COACH | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| Stream live results to log | • | • | • | | early 2019 | | |
| Stream results to coach Live tracking of boat location | | | | | | early 2019 | Spring 2019 |
| Share live data with "spectators" | | | | | | | Spring 2019 Spring 2019 |
| | | | | | | | |
| Session Analysis Features | BASIC | PRO | SELF-COACH | COACH | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| Basic summary metrics | Pace | Pace | Pace | Pace | Pace | | (1) |
| | SPM HR | SPM HR | SPM HR | SPM HR | SPM HR | | |
| | Power | Power | Power | Power | Power | | |
| | Distance Time | Distance Time | Distance Time | Distance Time | Distance Time | | |
| | Dist / Stroke | Dist / Stroke | Dist / Stroke | Dist / Stroke | Time | | |
| Advanced summary metrics for OTW (Note 1) | | m/s | m/s | m/s | | | |
| | | work/stroke peak force | work/stroke peak force | work/stroke peak force | work/stroke peak force | | |
| | | avg force | avg force | avg force | avg force | | |
| | | force ratio catch angle | force ratio catch angle | force ratio catch angle | catch angle | | |
| | | slip | slip | slip | slip | | |
| | | finish angle wash | finish angle wash | finish angle wash | finish angle wash | | |
| | | peak force angle | peak force angle | peak force angle | peak force angle | | |
| | | length | length | length | length | | |
| | | eff length efficiency | eff length efficiency | eff length efficiency | eff length | | |
| All and the second seco | | | | | | | |
| Advanced summary metrics for Erg (Note 2) | | m/s work/stroke | m/s work/stroke | m/s work/stroke | | | |
| | | peak force | peak force | peak force | | | |
| | | avg force force ratio | avg force force ratio | avg force force ratio | | | |
| | | drive length | drive length | drive length | | | |
| | | drive speed rhythm | drive speed | drive speed rhythm | | | |
| summary chart | HR,pace,spm,pwr | HR,pace,spm,pwr | rhythm HR,pace,spm,pwr | HR,pace,spm,pwr | pace, spm | | |
| | vs time or dist HR, Power | vs time or dist HR, Power | vs time or dist HR, Power | vs time or dist HR, Power | vs time | | |
| Time in zone User Definable Intervals | HH, Power | HR, Power | HH, Power | HH, Power | ~ | | |
| Intervals defined by power, pace or WPS User Defined plot of stroke parameters | | <i>V</i> | <i>V</i> | <i>V</i> | | | |
| Raw Data Explorer | | V | V | V | | | |
| Empower Stroke Profile Map View | V | <i>V</i> | <i>V</i> | <i>V</i> | V | | |
| Wind Corrected Pace | | V | V | V | | <u> </u> | <u> </u> |
| Section Manipulation Ft | BACIC | DDO. | SELE 00*0** | 0040'' | 2400 | ppo (rest, sees) | TEADS (C) |
| Session Manipulation Features Split workouts | BASIC | PRO V | SELF-COACH ✓ | COACH | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| Join Workouts | | V | V | V | | | |
| Merge workouts (ie add HR from one source to another workout) | | ~ | ~ | ~ | | | |
| | | | | | | | |
| Training Analysis Features | BASIC UP Power | PRO HR, Power | SELF-COACH HR, Power | COACH | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| User definable training zones Erg Ranking Piece Pace Prediction | HR, Power | HR, Power | HR, Power ✓ | HR, Power | 1 | | |
| Cumulative Stroke Plot | ~ | ~ | ~ | V | | | |
| Critical Power Curve Multisession tools (statistics | erg,OTW | erg,OTW Statistics | erg,OTW Statistics | erg,OTW Statistics | 1 | | |
| | 1 | Box Plot | Box Plot | Box Plot | | | |
| | | Parameter Comparison "Trend Flex" | Parameter Comparison "Trend Flex" | Parameter Comparison "Trend Flex" | | | |
| | | | | | | | |
| Training Planning Create Training Plan for yourself | BASIC | PRO | SELF-COACH | COACH | BASIC | PRO (Early 2019) | TEAM (Spring 2019) |
| Create Training Plan for yourself Link Sessions to plan | | | <i>V</i> | V | | | |
| Measure Plan performance | | | V | ~ | | | |
| Team / Coach Functionality | | | | | | 1 | |
| Participate in teams | V | V | V | V | | early 2019 | |
| Create and manage team rosters Create squad training plans | | | | V | { | + | |
| Monitor session performance | | | | V | | | |
| Compare sessions between athletes Comment of athlete sessions | | | | V | l | | Spring 2019 |
| Comment of atmete sessions | | i . | İ. | V | | 1 | 1 |