

Feature	rowsandall				NK Link Logbook		
	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	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Compatible OTW Devices	Speedcoach Speedcoach GPS CrewNerd RIM BoatCoach	Speedcoach Speedcoach GPS CrewNerd RIM BoatCoach	Speedcoach Speedcoach GPS CrewNerd RIM BoatCoach	Speedcoach Speedcoach GPS CrewNerd RIM BoatCoach	Speedcoach GPS		
Compatible Erg Devices	Painsled (PM3,4,5) ergdata (PM3,4,5) rowpro (PM3,4,5) RowPerfect	Painsled (PM3,4,5) ergdata (PM3,4,5) rowpro (PM3,4,5) RowPerfect	Painsled (PM3,4,5) ergdata (PM3,4,5) rowpro (PM3,4,5) RowPerfect	Painsled (PM3,4,5) ergdata (PM3,4,5) rowpro (PM3,4,5) RowPerfect			
Export Capabilities	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness TrainingPeaks CSV GPX TCX	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness TrainingPeaks CSV GPX TCX	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness TrainingPeaks CSV GPX TCX	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness TrainingPeaks CSV GPX TCX	Fall 2018		
Import Capabilities	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness CSV GPX TCX	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness CSV GPX TCX	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness CSV GPX TCX	Concept2 Logbook Strava Sportstracks Runkeeper MapmyFitness CSV GPX TCX			
Automatic Synchronization with other fitness sites		✓	✓	✓			
Live / Virtual Features	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Virtual Racing	✓	✓	✓	✓			
Stream live results to log					early 2019		
Stream results to coach						early 2019	
Live tracking of boat location							Spring 2019
Share live data with "spectators"							Spring 2019
Session Analysis Features	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Basic summary metrics	Pace SPM HR Power Distance Time	Pace SPM HR Power Distance Time	Pace SPM HR Power Distance Time	Pace SPM HR Power Distance Time	Pace SPM HR Power Distance Time		
Advanced summary metrics for OTW (Note 1)	Dist / Stroke	m/s work/stroke peak force avg force force ratio catch angle slip finish angle wash peak force angle length eff length efficiency	m/s work/stroke peak force avg force force ratio catch angle slip finish angle wash peak force angle length eff length efficiency	m/s work/stroke peak force avg force force ratio catch angle slip finish angle wash peak force angle length eff length efficiency	work/stroke peak force avg force force ratio catch angle slip finish angle wash peak force angle length eff length		
Advanced summary metrics for Erg (Note 2)		m/s work/stroke peak force avg force force ratio drive length drive speed rhythm	m/s work/stroke peak force avg force force ratio drive length drive speed rhythm	m/s work/stroke peak force avg force force ratio drive length drive speed rhythm			
summary chart	HR,pace,spm,pwr vs time or dist	HR,pace,spm,pwr vs time or dist	HR,pace,spm,pwr vs time or dist	HR,pace,spm,pwr vs time or dist	pace, spm vs time		
Time in zone	HR, Power	HR, Power	HR, Power	HR, Power			
User Definable Intervals	✓	✓	✓	✓	✓		
Intervals defined by power, pace or WPS	✓	✓	✓	✓			
User Defined plot of stroke parameters	✓	✓	✓	✓			
Raw Data Explorer	✓	✓	✓	✓			
Empower Stroke Profile	✓	✓	✓	✓	✓		
Map View	✓	✓	✓	✓	✓		
Wind Corrected Pace	✓	✓	✓	✓			
Session Manipulation Features	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Split workouts		✓	✓	✓			
Join Workouts		✓	✓	✓			
Merge workouts (ie add HR from one source to another workout)		✓	✓	✓			
Training Analysis Features	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
User definable training zones	HR, Power	HR, Power	HR, Power	HR, Power			
Erg Ranking Piece Pace Prediction	✓	✓	✓	✓			
Cumulative Stroke Plot	✓	✓	✓	✓			
Critical Power Curve	erg,OTW	erg,OTW	erg,OTW	erg,OTW			
Multisession tools (statistics)		Statistics Box Plot Parameter Comparison "Trend Flex"	Statistics Box Plot Parameter Comparison "Trend Flex"	Statistics Box Plot Parameter Comparison "Trend Flex"			
Training Planning	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Create Training Plan for yourself			✓	✓			
Link Sessions to plan			✓	✓			
Measure Plan performance			✓	✓			
Team / Coach Functionality	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Participate in teams	✓	✓	✓	✓		early 2019	
Create and manage team rosters				✓			
Create squad training plans				✓			
Monitor session performance				✓			
Compare sessions between athletes				✓			Spring 2019
Comment of athlete sessions				✓			

- Notes
1. Requires Empower Oarlock
2. Requires Painsled App