	rowsandall				NW 12-11-11-1		
Feature	BASIC	PRO	SELF-COACH	COACH	BASIC	NK Link Logbook PRO (Early 2019)	TEAM (Spring 2019)
Annual Cost	Free	€15/20	€65/75	€200/250	Free	\$100	Not Yet Priced
				(up to 10 athletes)	+		
Compatibility	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Compatible OTW Devices	Speedcoach Speedcoach GPS	Speedcoach Speedcoach GPS	Speedcoach Speedcoach GPS	Speedcoach Speedcoach GPS	Speedcoach GPS	Speedcoach GPS	Speedcoach GPS
	CrewNerd	CrewNerd	CrewNerd	CrewNerd	opeedcoach di o	opecacoacii di o	opeedcoacii di o
	RIM	RIM	RIM	RIM			
Compatible Erg Devices	BoatCoach Painsled (PM3,4,5)	BoatCoach Painsled (PM3,4,5)	BoatCoach Painsled (PM3,4,5)	BoatCoach Painsled (PM3,4,5)			
	ergdata (PM3,4,5)	ergdata (PM3,4,5)	ergdata (PM3,4,5)	ergdata (PM3,4,5)			
	rowpro (PM3,4,5) RowPerfect	rowpro (PM3,4,5) RowPerfect	rowpro (PM3,4,5) RowPerfect	rowpro (PM3,4,5) RowPerfect			
Export Capabilities	Concept2 Logbook	Concept2 Logbook	Concept2 Logbook	Concept2 Logbook	CSV Export (Fall 2018)	CSV Export (Fall 2018)	CSV Export (Fall 2018)
	Strava Sporttracks	Strava Sporttracks	Strava Sporttracks	Strava Sporttracks			
	Runkeeper	Runkeeper	Runkeeper	Runkeeper			
	MapmyFitness	MapmyFitness	MapmyFitness	MapmyFitness			
	TrainingPeaks CSV	TrainingPeaks CSV	TrainingPeaks CSV	TrainingPeaks CSV			
	GPX	GPX	GPX	GPX			
Import Capabilities	TCX Concept2 Logbook	TCX Concept2 Logbook	TCX Concept2 Logbook	TCX Concept2 Logbook	CSV Import (Early 2019)	CSV Import (Early 2019)	CSV Import (Early 2019)
Import Supubmicos	Strava	Strava	Strava	Strava	CSV Import (carry 2015)	CSV Import (Early 2015)	CSV Import (Edity 2015)
	Sporttracks Runkeeper	Sporttracks Runkeeper	Sporttracks Runkeeper	Sporttracks Runkeeper			
	MapmyFitness	MapmyFitness	MapmyFitness	MapmyFitness			
	CSV	CSV	CSV	CSV			
	GPX TCX	GPX TCX	GPX TCX	GPX TCX			
Automatic Synchronization with other fitness sites		V	V	V	Coming in Early 2019	Coming in Early 2019	Coming in Early 2019
]				rowsandall rowe.rs	rowsandall rowe.rs	rowsandall rowe.rs
					Strava	Strava	Strava
Live / Wintred Feetures	PACIO	DDC.	SELE COACH	004011	Bacic	DDO (Feet 2010)	TEANA (Section 2040)
Live / Virtual Features Virtual Racing	BASIC	PRO 🗸	SELF-COACH	COACH ✓	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Stream live results to log	·		·	·		early 2019	early 2019
Private Stream results to coach Public tracking of boat location	<u> </u>				Spring 2019	early 2019	early 2019
Share live data with "spectators"					Spring 2019 Spring 2019	Spring 2019 Spring 2019	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	Pace	Pace
	SPM HR	SPM HR	SPM HR	SPM HR	SPM HR	SPM HR	SPM HR
	Power	Power	Power	Power	Power	Power	Power
	Distance	Distance	Distance	Distance	Distance	Distance	Distance
	Time Dist / Stroke	Time Dist / Stroke	Time Dist / Stroke	Time Dist / Stroke	Time Dist / Stroke	Time Dist / Stroke	Time Dist / Stroke
Advanced summary metrics for OTW (Note 1)	Didt'y Guono	m/s	m/s	m/s	m/s	m/s	m/s
		work/stroke peak force	work/stroke peak force	work/stroke peak force	work/stroke peak force	work/stroke peak force	work/stroke peak force
		avg force	avg force	avg force	avg force	avg force	avg force
		force ratio	force ratio	force ratio			
		catch angle slip	catch angle slip	catch angle slip	catch angle slip	catch angle slip	catch angle slip
		finish angle	finish angle	finish angle	finish angle	finish angle	finish angle
		wash peak force angle	wash peak force angle	wash peak force angle	wash peak force angle	wash peak force angle	wash peak force angle
		length	length	length	length	length	length
		eff length	eff length	eff length	eff length	eff length	eff length
		efficiency	efficiency	efficiency			
Advanced summary metrics for Erg (Note 2)		m/s	m/s	m/s			
		work/stroke peak force	work/stroke peak force	work/stroke peak force			
		avg force	avg force	avg force			
		force ratio	force ratio	force ratio drive length			
		drive length drive speed	drive length drive speed	drive length			
		rhythm	rhythm	rhythm			
summary chart	HR,pace,spm,pwr vs time or dist	pace, spm vs time	pace, spm vs time	pace, spm vs time			
Time in zone	HR, Power	HR, Power	HR, Power	HR, Power	*36	+5 cmc	*5 cinic
User Definable Intervals Intervals defined by power, pace or WPS	~	<i>V</i>	<i>V</i>	<i>V</i>	~	~	V
User Defined plot of stroke parameters		V	V	V			
Raw Data Explorer Empower Stroke Profile		<i>V</i>	V	V		~	V
Map View	V	V	V	<i>V</i>	V	<i>V</i>	<i>V</i>
Wind Corrected Pace		V	V	<i>V</i>			-
Session Manipulation Features	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Split workouts		V	V	~	Shore	() 2020)	
Join Workouts Marge workouts	-	<i>V</i>	<i>V</i>	<i>V</i>	-		
Merge workouts (ie add HR from one source to another workout)]	,		"			
			051				
Training Analysis Features User definable training zones	BASIC HR, Power	PRO HR, Power	SELF-COACH HR, Power	COACH HR, Power	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Erg Ranking Piece Pace Prediction	V	V	V	V			
Cumulative Stroke Plot Critical Power Curve	erg,OTW	erg,OTW	erg,OTW	erg,OTW			
Multisession tools (statistics	arg,OTW	Statistics	Statistics	erg,OTW Statistics			
		Box Plot Parameter Comparison "Trend Flex"	Box Plot Parameter Comparison "Trend Flex"	Box Plot Parameter Comparison "Trend Flex"			
Training Planning Create Training Plan for yourself	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Link Sessions to plan			~	V			
Measure Plan performance	-		V	~	-		
Team / Coach Functionality	 						
Participate in teams	V	V	V	V		early 2019	
Create and manage team rosters Create squad training plans	 			<i>V</i>			
Monitor session performance				~			
Compare sessions between athletes				<i>V</i>			Spring 2019
Comment of athlete sessions	I .	l .	I.	V	_1	I	

Notes
1. Requires Empower Oarlock
2. Requires Painsled App