

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	Speedcoach GPS	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	CSV Export (Fall 2018)	CSV Export (Fall 2018)	CSV Export (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	CSV Import (Early 2019)	CSV Import (Early 2019)	CSV Import (Early 2019)
Automatic Synchronization with other fitness sites		✓	✓	✓	Coming in Early 2019 rowsandall rowe.rs Strava	Coming in Early 2019 rowsandall rowe.rs Strava	Coming in Early 2019 rowsandall rowe.rs Strava
Live / Virtual Features	BASIC	PRO	SELF-COACH	COACH	BASIC	PRO (Early 2019)	TEAM (Spring 2019)
Virtual Racing	✓	✓	✓	✓			
Stream live results to log						early 2019	early 2019
Private Stream results to coach						early 2019	early 2019
Public tracking of boat location					Spring 2019	Spring 2019	Spring 2019
Share live data with *spectators*					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 SPM HR Power Distance Time Dist / Stroke	Pace SPM HR Power Distance Time Dist / Stroke	Pace SPM HR Power Distance Time Dist / Stroke	Pace SPM HR Power Distance Time Dist / Stroke	Pace SPM HR Power Distance Time Dist / Stroke	Pace SPM HR Power Distance Time Dist / Stroke	Pace SPM HR Power Distance Time Dist / Stroke
Advanced summary metrics for OTW (Note 1)		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	m/s work/stroke peak force avg force force ratio catch angle slip finish angle wash peak force angle length eff length	m/s work/stroke peak force avg force force ratio catch angle slip finish angle wash peak force angle length eff length	m/s 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	pace, spm vs time	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				✓			
Comment of athlete sessions				✓			Spring 2019

Notes
1. Requires Empower Oarlock
2. Requires Painsled App