

# How to Import Oarlock CSV Data into the NK Templates

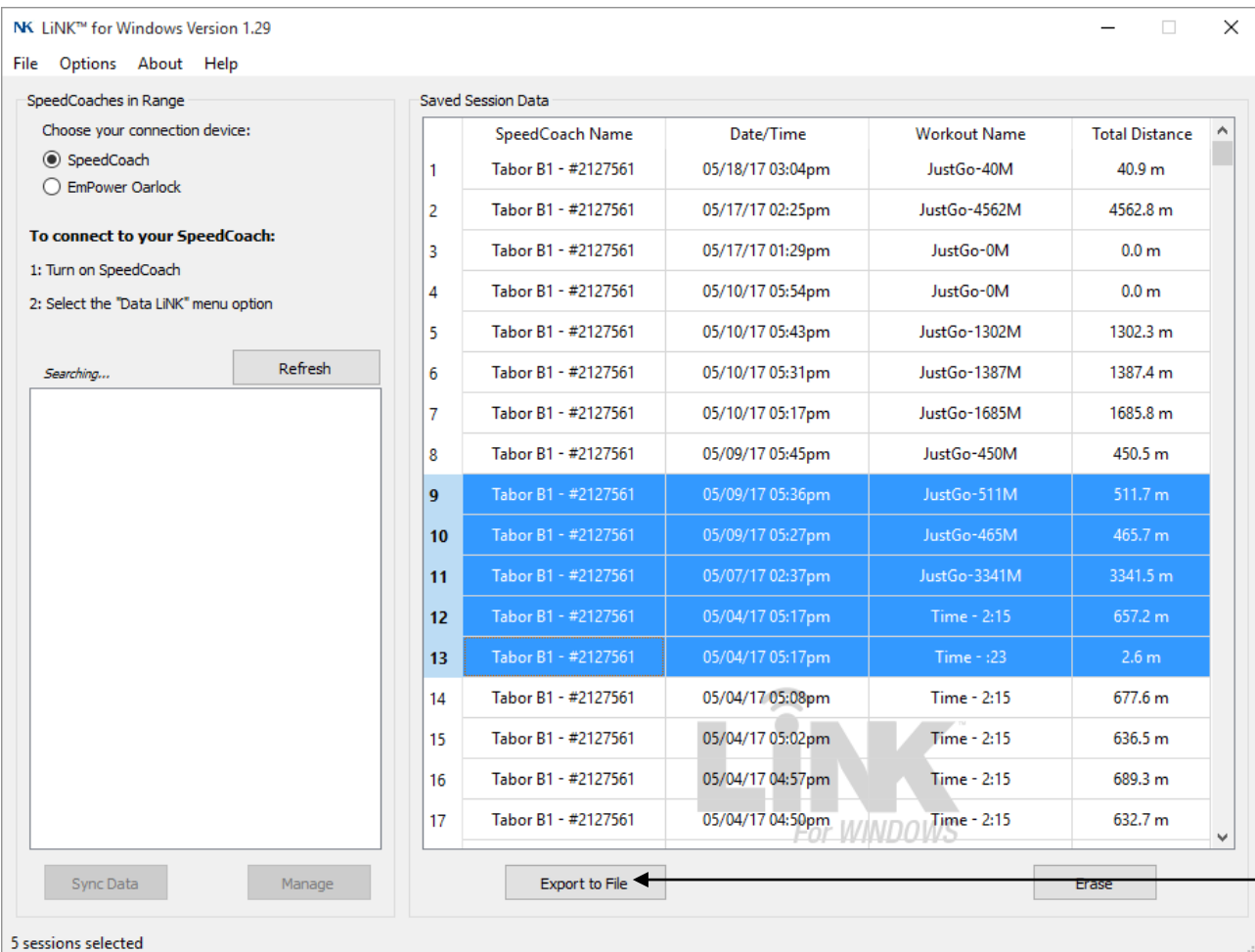


*NOTE: This tutorial is for NK LiNK for Windows, MAC, Android or iOS.*

If you use **NK LiNK Logbook** for [Android](#) or [iOS](#) you can import the oarlock data and see your individual stroke profile without any further manipulation.

To compare multiple rowers, please keep an eye out for the Team functionality of **NK LiNK Logbook** which is coming in the Fall/Winter of 2019.

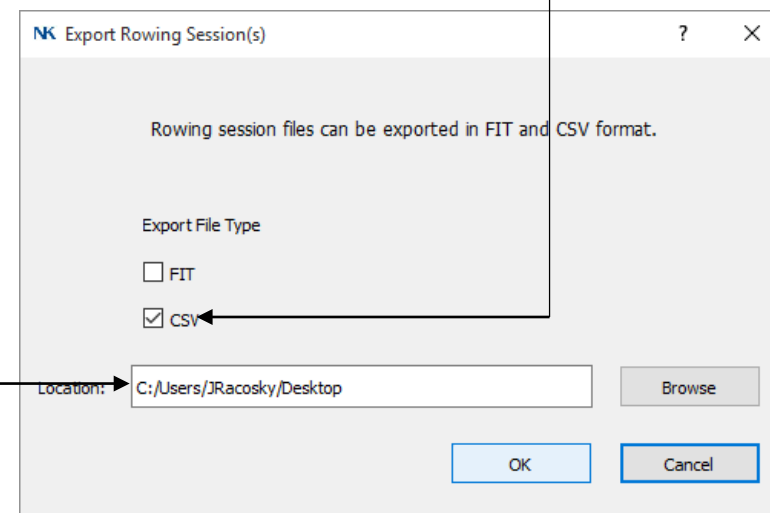




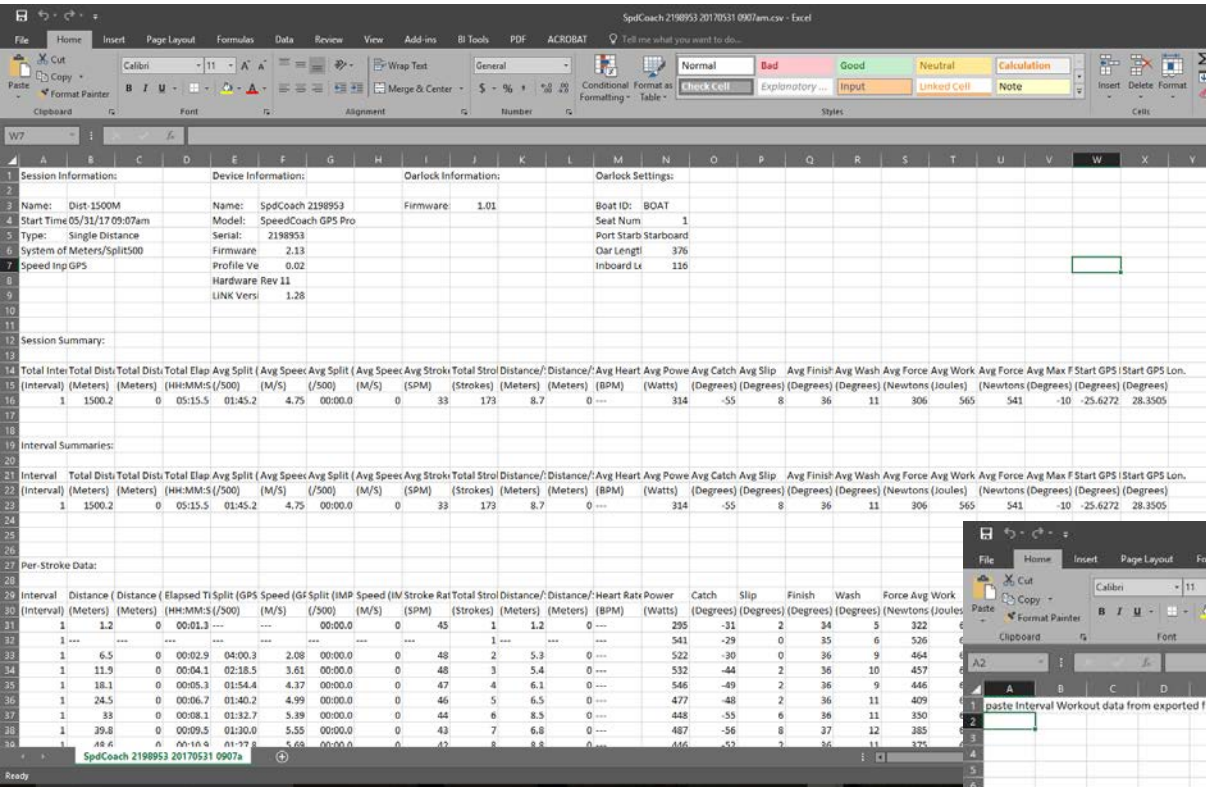
Connect your SpeedCoach to an NK LiNK application to upload the session data.

Highlight and select the files you want to export

Click on the Export to File button and select CSV files.

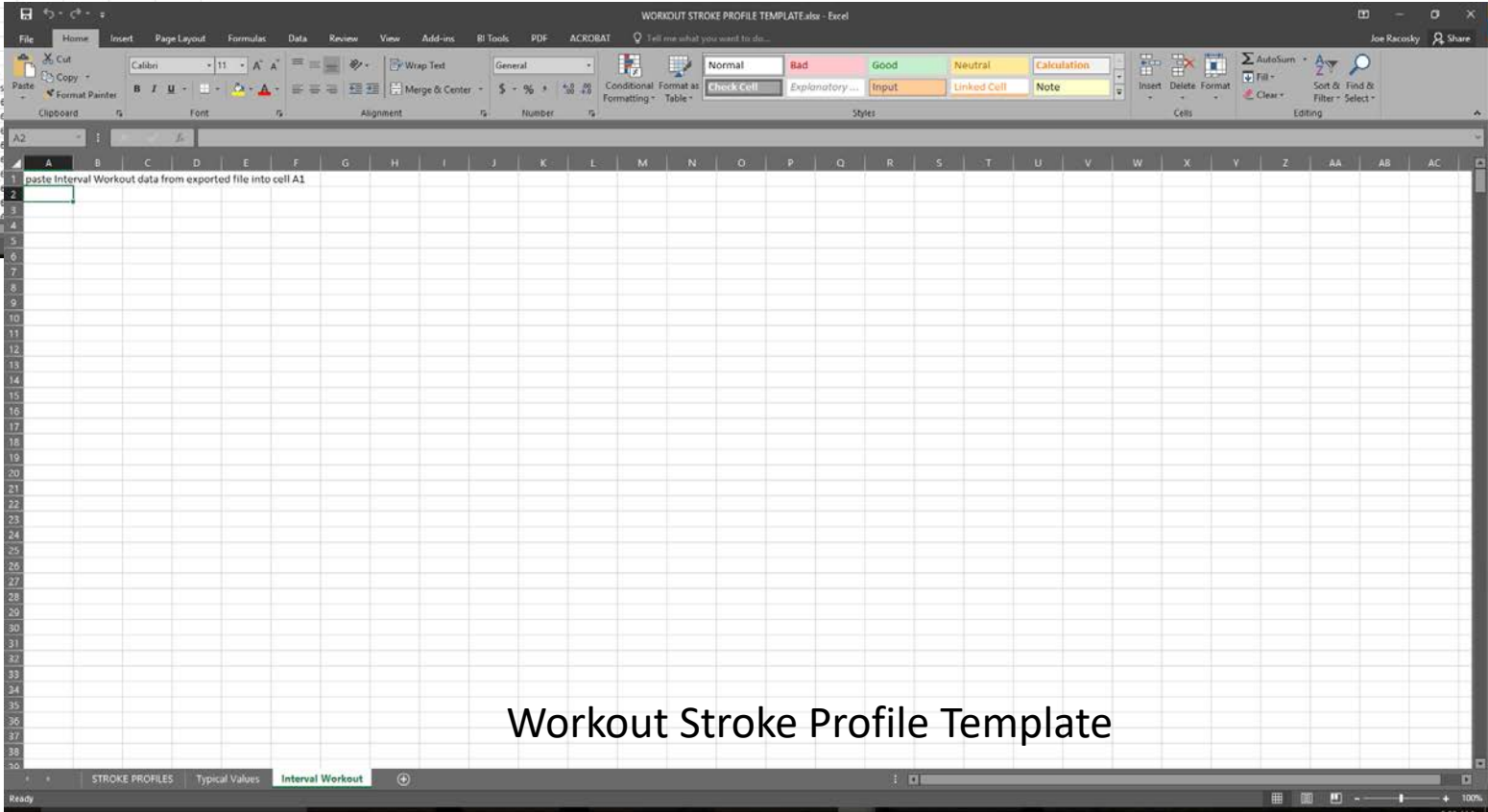


Take note of the folder location where they will be saved.



## CSV from Rowing Session

Open both the CSV file you would like to import into the template along with the actual template.



# Workout Stroke Profile Template

## Open up the Rowing CSV File

Left Click on the top left corner of the Excel worksheet to highlight the entire sheet.



Right Click on the same spot and select **Copy**.

SpdCoach 2198953 20170531 0907am.csv - Excel																											
Joe Racosky   Share																											
File Home Insert Page Layout Formulas Data Review View Add-ins BI Tools PDF ACROBAT Tell me what you want to do...																											
Clipboard Font Alignment Number Styles Cells Editing																											
Session Information:																											
1	Session Information:																										
2																											
3	Name: Dist-1500M																										
4	Start Time 05/31/17 09:07am																										
5	Type: Single Distance																										
6	System of Meters/Split500																										
7	Speed Inp GPS																										
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SpdCoach 2198953 20170531 0907a																											
Ready Average: 658.408023 Count: 4411 Sum: 2661285.229 100%																											

CSV from Rowing Session

## Open up the Workout Stroke Profile Template

Left Click on the top left corner of the Excel worksheet to highlight the enter sheet.

Right Click on the same spot and select **Paste**.

WORKOUT STROKE PROFILE TEMPLATE.xlsx - Excel

FileHomeInsertPage LayoutFormulasDataReviewViewAdd-insBI ToolsPDFACROBATTell me what you want to do...

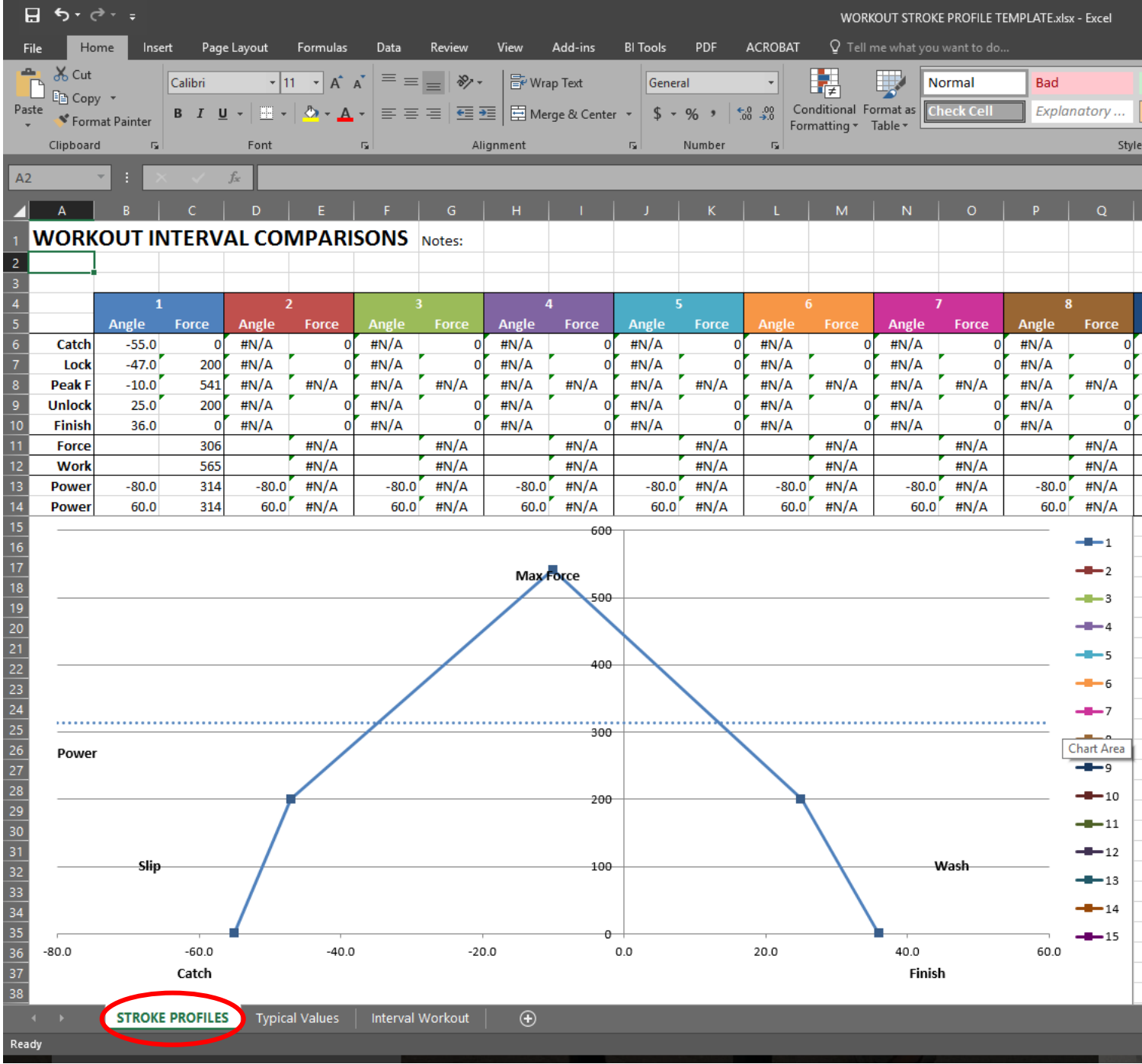
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Workout Stroke Profile Template

Go to the Stroke Profiles worksheet in the Template (highlighted with Red Circle below)

You now have a Stroke Profile from that session to review.

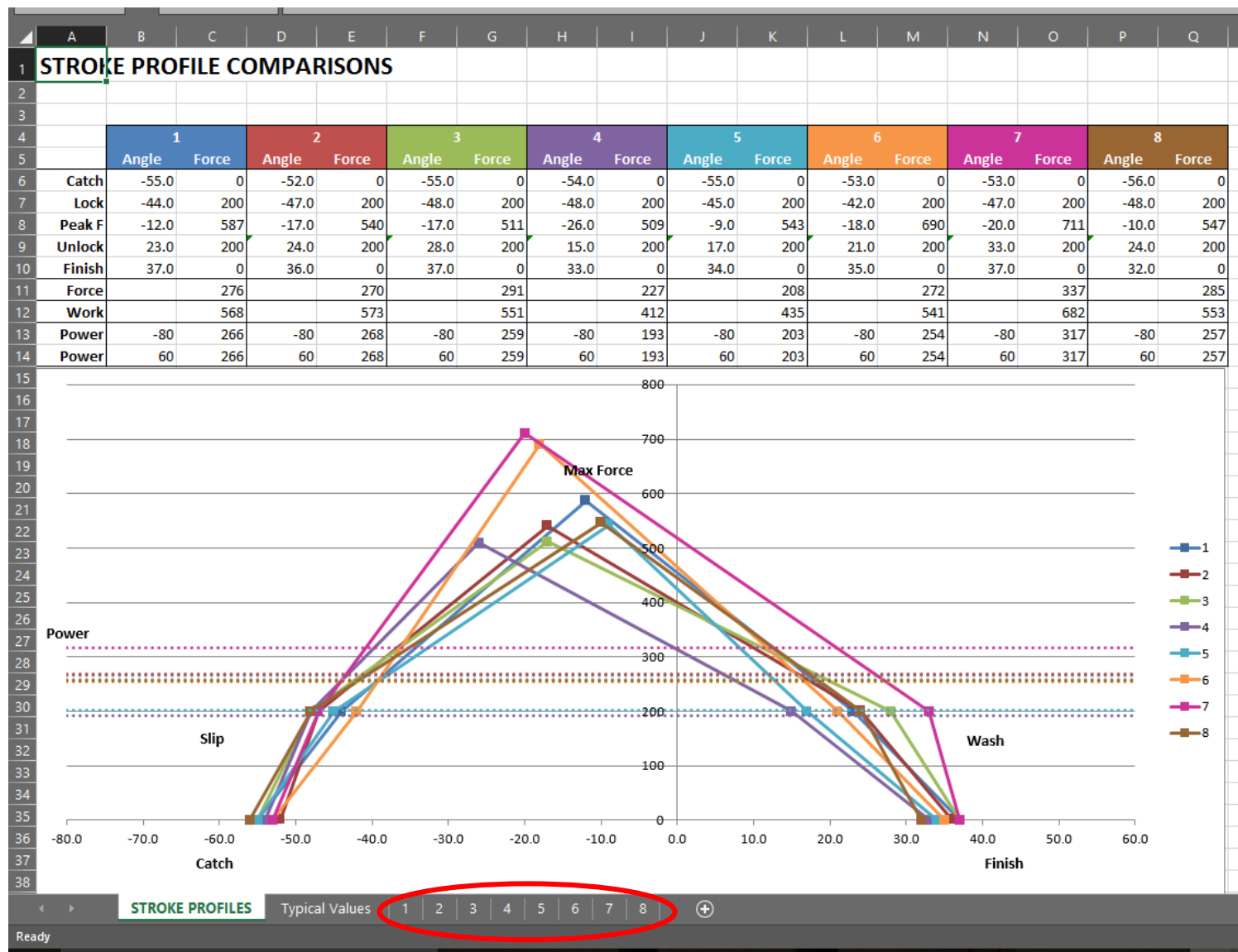
If you CSV file has multiple intervals (for example from a multi-interval workout), all these intervals will appear as separate graphs on the chart



If you want to compare multiple rowers in the same boat, you would load each one of the rower's CSV files from that session, use the ***Rower Comparison Template***.

Cut and paste each individual's session into the corresponding sheets (1 through 8, shown by Red Oval) in the same manner described previously.

We now have a very clear representation of how each rower compares with one another and can make rigging adjustments to try and get all the rower's in better sync.



Rower Comparison Template