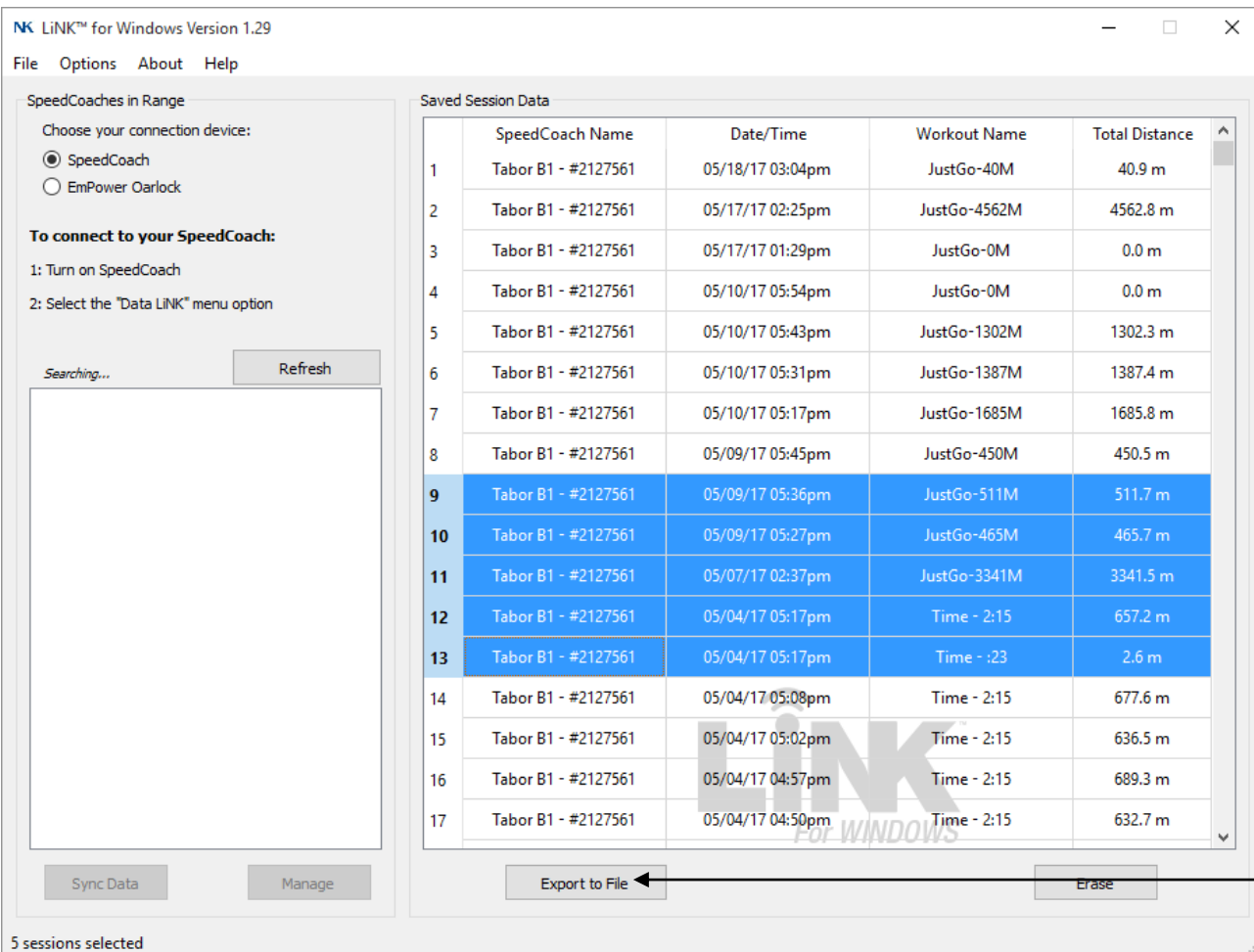


# How to Import Oarlock CSV Data into the NK Templates

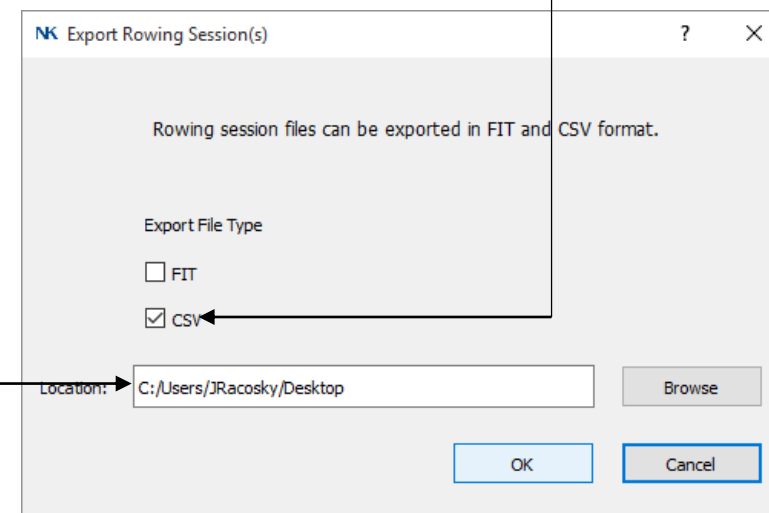




Connect your SpeedCoach to an NK LiNK application to upload the session data.

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.

SpdCoach 2198953 20170531 0907am.csv - Excel

File Home Insert Page Layout Formulas Data Review View Add-ins BI Tools PDF ACROBAT Tell me what you want to do...

Calibri 11 B I U Font Wrap Text General Conditional Formatting Format as Table Normal Bad Good Neutral Calculation Check Cell Explanatory... Input Linked Cell Note Insert Delete Format

Clipboard Font Alignment Merge & Center Number Styles Cells

W7	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y		
1	Session Information:				Device Information:				Oarlock Information:				Oarlock Settings:														
2																											
3	Name:	Dist-1500M			Name:	SpdCoach 2198953			Firmware:	1.01			Boat ID:	BOAT													
4	Start Time	05/31/17 09:07am			Model:	SpeedCoach GPS Pro																					
5	Type:	Single Distance			Serial:	2198953																					
6	System of Meters/Split	500			Firmware	2.13																					
7	Speed Inp	GPS			Profile Vc	0.02																					
8				Hardware Rev	11																						
9				LINK Vers	1.28																						
10																											
11																											
12	Session Summary:																										
13																											
14	Total Intei	Total Dist	Total Elap	Avg Split	(Avg Speec	Avg Split	(Avg Speec	Avg Strok	Total Strol	Distance/	Distance/	Avg Heart	Avg Powe	Avg Catch	Avg Slip				Avg Finish	Avg Wash	Avg Force	Avg Work	Avg Force	Avg Max F	Start GPS	Start GPS Lon.	
15	(Interval	(Meters)	(Meters)	(HH:MM:S (/500)	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)				(Degrees)	(Degrees)	(Newtons (Joules)	(Newtons (Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	
16	1	1500.2	0	05:15.5	01:45.2	4.75	00:00.0	0	33	173	8.7	0 ---	314	-55	8	36	11	306	565	541	-10	-25.6272	28.3505				
17																											
18																											
19	Interval Summaries:																										
20																											
21	Interval	Total Dist	Total Elap	Avg Split	(Avg Speec	Avg Split	(Avg Speec	Avg Strok	Total Strol	Distance/	Distance/	Avg Heart	Avg Powe	Avg Catch	Avg Slip				Avg Finish	Avg Wash	Avg Force	Avg Work	Avg Force	Avg Max F	Start GPS	Start GPS Lon.	
22	(Interval	(Meters)	(Meters)	(HH:MM:S (/500)	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)				(Degrees)	(Degrees)	(Newtons (Joules)	(Newtons (Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	
23	1	1500.2	0	05:15.5	01:45.2	4.75	00:00.0	0	33	173	8.7	0 ---	314	-55	8	36	11	306	565	541	-10	-25.6272	28.3505				
24																											
25																											
26																											
27	Per-Stroke Data:																										
28																											
29	Interval	Distance	(Distance	Elapsed Ti	Split	(GPS	Speed	(Gr Split	(IMP	Speed	(IV	Stroke	Rat	Total Strol	Distance/	Distance/	Heart	Rat	Power	Catch	Slip	Finish	Wash	Force	Avg Work		
30	(Interval	(Meters)	(Meters)	(HH:MM:S (/500)	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	
31	1	1.2	0	00:01.3	---	---	---	---	---	---	---	---	---	45	1	1.2	0 ---	295	295	-31	2	34	5	322	5		
32	1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	
33	1	6.5	0	00:02.9	04:00.3	2.08	00:00.0	0	48	2	5.3	0 ---	522	-30	0	36	9	464	464	-39	2	36	10	457	6		
34	1	11.9	0	00:04.1	02:18.5	3.61	00:00.0	0	48	3	5.4	0 ---	532	-44	2	36	10	457	457	-49	2	36	11	409	6		
35	1	18.1	0	00:05.3	01:54.4	4.37	00:00.0	0	47	4	6.1	0 ---	546	-49	2	36	9	446	446	-56	2	36	11	409	6		
36	1	24.5	0	00:06.7	01:40.2	4.99	00:00.0	0	46	5	6.5	0 ---	477	-48	2	36	11	409	409	-55	2	36	11	350	6		
37	1	33	0	00:08.1	01:32.7	5.39	00:00.0	0	44	6	8.5	0 ---	448	-55	6	36	11	350	350	-56	8	37	12	385	6		
38	1	39.8	0	00:09.5	01:30.0	5.55	00:00.0	0	43	7	6.8	0 ---	487	-56	8	37	12	385	385	-57	7	36	11	375	6		
39	1	48.6	0	00:10.6	01:27.8	5.69	00:00.0	0	42	8	8.8	0 ---	416	-57	7	36	11	375	375	-58	6	36	11	375	6		
40	1	58.4	0	00:11.9	01:25.9	5.84	00:00.0	0	41	9	9.9	0 ---	400	-58	6	36	11	375	375	-59	5	36	11	375	6		
41	1	68.2	0	00:13.2	01:24.0	6.00	00:00.0	0	40	10	10.9	0 ---	384	-59	5	36	11	375	375	-60	4	36	11	375	6		
42	1	78.0	0	00:14.5	01:22.1	6.16	00:00.0	0	39	11	11.9	0 ---	368	-60	4	36	11	375	375	-61	3	36	11	375	6		
43	1	87.8	0	00:15.8	01:20.2	6.32	00:00.0	0	38	12	12.9	0 ---	352	-61	3	36	11	375	375	-62	2	36	11	375	6		
44	1	97.6	0	00:17.1	01:18.3	6.48	00:00.0	0	37	13	13.9	0 ---	336	-62	2	36	11	375	375	-63	1	36	11	375	6		
45	1	107.4	0	00:18.4	01:16.4	6.64	00:00.0	0	36	14	14.9	0 ---	320	-63	1	36	11	375	375	-64	0	36	11	375	6		
46	1	117.2	0	00:19.7	01:14.5	6.80	00:00.0	0	35	15	15.9	0 ---	304	-64	0	36	11	375	375	-65	0	36	11	375	6		
47	1	127.0	0	00:21.0	01:12.6	6.96	00:00.0	0	34	16	16.9	0 ---	288	-65	0	36	11	375	375	-66	0	36	11	375	6		
48	1	136.8	0	00:22.3	01:10.7	7.12	00:00.0	0	33	17	17.9	0 ---	272	-66	0	36	11	375	375	-67	0	36	11	375	6		
49	1	146.6	0	00:23.6	01:08.8	7.28	00:00.0	0	32	18	18.9	0 ---	256	-67	0	36	11	375	375	-68	0	36	11	375	6		
50	1	156.4	0	00:24.9	01:06.9	7.44	00:00.0	0	31	19	19.9	0 ---	240	-68	0	36	11	375	375	-69	0	36	11	375	6		
51	1	166.2																									

SpdCoach 2198953 20170531 0907a

## 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**.

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

Joe RacoskyShare

Cut

Copy

Format Painter

Clipboard

Calibri

11

A

A

Font

Wrap Text

Alignment

General

Number

Normal

Bad

Good

Neutral

Calculation

Check Cell

Explanatory ...

Input

Linked Cell

Note

Styles

Insert

Delete

Format

Cells

AutoSum

Fill

Clear

Sort & Filter

Find & Select

Editing

A1

Session Information:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC
1	Session Information:			Device Information:			Oarlock Information:			Oarlock Settings:																		
2																												
3	Name: Dist-1500M			Name: SpdCoach 2198953			Firmware: 1.01			Boat ID: BOAT																		
4	Start Time 05/31/17 09:07am			Model: SpeedCoach GPS Pro						Seat Num 1																		
5	Type: Single Distance			Serial: 2198953						Port Starb Starboard																		
6	System of Meters/Split500			Firmware: 2.13						Oar Length 376																		
7	Speed Inp GPS			Profile Ve 0.02						Inboard Le 116																		
8				Hardware Rev 11																								
9				LINK Vers 1.28																								
10																												
11																												
12																												
13																												
14	Session Summary:																											
15	Total Inter	Total Dist	Total Dist	Total Elap	Avg Split	Avg Speed	Avg Split	Avg Speed	Avg Stroki	Total Stro	Distance	Distance	Avg Heart	Avg Powe	Avg Catch	Avg Slip	Avg Finish	Avg Wash	Avg Force	Avg Work	Avg Force	Avg Max F	Start GPS	Start GPS Lon.				
16	(Interval)	(Meters)	(Meters)	(HH:MM:S (/500))	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Newtons)	(Joules)	(Newtons)	(Degrees)	(Degrees)	(Degrees)				
17	1	1500.2	0	05:15.5	01:45.2	4.75	00:00.0	0	33	173	8.7	0	---	314	-55	8	36	11	306	565	541	-10	-25.6272	28.3505				
18																												
19	Interval Summaries:																											
20																												
21	Interval	Total Dist	Total Dist	Total Elap	Avg Split	Avg Speed	Avg Split	Avg Speed	Avg Stroki	Total Stro	Distance	Distance	Avg Heart	Avg Powe	Avg Catch	Avg Slip	Avg Finish	Avg Wash	Avg Force	Avg Work	Avg Force	Avg Max F	Start GPS	Start GPS Lon.				
22	(Interval)	(Meters)	(Meters)	(HH:MM:S (/500))	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Newtons)	(Joules)	(Newtons)	(Degrees)	(Degrees)	(Degrees)				
23	1	1500.2	0	05:15.5	01:45.2	4.75	00:00.0	0	33	173	8.7	0	---	314	-55	8	36	11	306	565	541	-10	-25.6272	28.3505				
24																												
25																												
26																												
27	Per-Stroke Data:																											
28																												
29	Interval	Distance	Distance	Elapsed Ti	Split (GPS)	Speed (GF	Split (IMP	Speed (IM	Stroke Rat	Total Stro	Distance	Distance	Heart Rate	Power	Catch	Slip	Finish	Wash	Force Avg	Work	Force Max	Max Force	GPS Lat.	GPS Lon.				
30	(Interval)	(Meters)	(Meters)	(HH:MM:S (/500))	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Newtons)	(Joules)	(Newtons)	(Degrees)	(Degrees)	(Degrees)				
31	1	1.2	0	00:01.3	---	---	00:00.0	0	45	1	1.2	0	---	295	-31	2	34	5	322	671	790	1	-25.6272	28.3505				
32	1	---	---	---	---	---	---	---	---	1	---	---	---	541	-29	0	35	6	526	643	745	2	---	---				
33	1	6.5	0	00:02.9	04:00.3	2.08	00:00.0	0	48	2	5.3	0	---	522	-30	0	36	9	464	600	713	-8	-25.6273	28.3505				
34	1	11.9	0	00:04.1	02:18.5	3.61	00:00.0	0	48	3	5.4	0	---	532	-44	2	36	10	457	681	687	-4	-25.6273	28.3505				
35	1	18.1	0	00:05.3	01:54.4	4.37	00:00.0	0	47	4	6.1	0	---	546	-49	2	36	9	446	683	671	-14	-25.6274	28.3505				
36	1	24.5	0	00:06.7	01:40.2	4.99	00:00.0	0	46	5	6.5	0	---	477	-48	2	36	11	409	635	641	-13	-25.6274	28.3504				
37	1	33	0	00:08.1	01:32.7	5.39	00:00.0	0	44	6	8.5	0	---	448	-55	6	36	11	350	649	629	-14	-25.6275	28.3504				
38	1	39.8	0	00:09.5	01:30.0	5.55	00:00.0	0	43	7	6.8	0	---	487	-56	8	37	12	385	657	635	-9	-25.6275	28.3504				
39	1	48.6	0	00:10.9	01:27.8	5.69	00:00.0	0	42	8	8.8	0	---	446	-57	7	36	11	375	651	613	-11	-25.6276	28.3503				

SpdCoach 2198953 20170531 0907a

Ready

Average: 658.408023Count: 4411Sum: 2661285.229

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 ToolsPDFACROBAT

Tell me what you want to do...

NormalBadGoodNeutralCalculation

Check CellExplanatory ...InputLinked CellNote

ClipboardFontAlignmentNumberConditional FormattingTable

Styles

Cells

A1

Session Information:

1	Session Information:				Device Information:				Oarlock Information:				Oarlock Settings:													
2																										
3	Name:		Dist-1500M		Name:		SpdCoach 2198953		Firmware:		1.01		Boat ID:		BOAT											
4	Start Time		05/31/17 09:07am		Model:		SpeedCoach GPS Pro						Seat Num		1											
5	Type:		Single Distance		Serial:		2198953						Port Starb		Starboard											
6	System of Meters/Split		500		Firmware		2.13						Oar Length		376											
7	Speed Inp GPS				Profile Ver		0.02						Inboard Length		116											
8					Hardware		Rev 11																			
9					LINK Vers		1.28																			
10																										
11																										
12	Session Summary:																									
13																										
14	Total Interval	Total Distance	Total Distance	Total Elapsed	Avg Split	Avg Speed	Avg Split	Avg Speed	Avg Stroke	Total Strokes	Distance	Distance	Avg Heart	Avg Power	Avg Catch	Avg Slip	Avg Finish	Avg Wash	Avg Force	Avg Work	Avg Force	Avg Max F	Start GPS	Start GPS Lon.		
15	(Interval)	(Meters)	(Meters)	(HH:MM:S (/500))	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Newtons (Joules))	(Newtons (Joules))	(Newtons (Degrees))	(Degrees)	(Degrees)	(Degrees)			
16	1	1500.2	0	05:15.5	01:45.2	4.75	00:00.0	0	33	173	8.7	0	---	314	-55	8	36	11	306	565	541	-10	-25.6272	28.3505		
17																										
18																										
19	Interval Summaries:																									
20																										
21	Interval	Total Distance	Total Distance	Total Elapsed	Avg Split	Avg Speed	Avg Split	Avg Speed	Avg Stroke	Total Strokes	Distance	Distance	Avg Heart	Avg Power	Avg Catch	Avg Slip	Avg Finish	Avg Wash	Avg Force	Avg Work	Avg Force	Avg Max F	Start GPS	Start GPS Lon.		
22	(Interval)	(Meters)	(Meters)	(HH:MM:S (/500))	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Newtons (Joules))	(Newtons (Joules))	(Newtons (Degrees))	(Degrees)	(Degrees)	(Degrees)			
23	1	1500.2	0	05:15.5	01:45.2	4.75	00:00.0	0	33	173	8.7	0	---	314	-55	8	36	11	306	565	541	-10	-25.6272	28.3505		
24																										
25																										
26																										
27	Per-Stroke Data:																									
28																										
29	Interval	Distance	Distance	Elapsed Time	Split (GPS)	Speed (GPS)	Split (IMP)	Speed (IMP)	Stroke Rate	Total Strokes	Distance	Distance	Heart Rate	Power	Catch	Slip	Finish	Wash	Force Avg	Work	Force Max	Max Force	GPS Lat.	GPS Lon.		
30	(Interval)	(Meters)	(Meters)	(HH:MM:S (/500))	(M/S)	(/500)	(M/S)	(SPM)	(Strokes)	(Meters)	(Meters)	(BPM)	(Watts)	(Degrees)	(Degrees)	(Degrees)	(Degrees)	(Newtons (Joules))	(Newtons (Joules))	(Newtons (Degrees))	(Degrees)	(Degrees)	(Degrees)			
31	1	1.2	0	00:01.3	---	---	00:00.0	0	45	1	1.2	0	---	295	-31	2	34	5	322	671	790	1	-25.6272	28.3505		
32	1	---	---	---	---	---	---	---	---	1	---	---	---	541	-29	0	35	6	526	643	745	2	---	---		
33	1	6.5	0	00:02.9	04:00.3	2.08	00:00.0	0	48	2	5.3	0	---	522	-30	0	36	9	464	600	713	-8	-25.6273	28.3505		
34	1	11.9	0	00:04.1	02:18.5	3.61	00:00.0	0	48	3	5.4	0	---	532	-44	2	36	10	457	681	687	-4	-25.6273	28.3505		
35	1	18.1	0	00:05.3	01:54.4	4.37	00:00.0	0	47	4	6.1	0	---	546	-49	2	36	9	446	683	671	-14	-25.6274	28.3505		
36	1	24.5	0	00:06.7	01:40.2	4.99	00:00.0	0	46	5	6.5	0	---	477	-48	2	36	11	409	635	641	-13	-25.6274	28.3504		
37	1	33	0	00:08.1	01:32.7	5.39	00:00.0	0	44	6	8.5	0	---	448	-55	6	36	11	350	649	629	-14	-25.6275	28.3504		
38	1	39.8	0	00:09.5	01:30.0	5.55	00:00.0	0	43	7	6.8	0	---	487	-56	8	37	12	385	657	635	-9	-25.6275	28.3504		
39	1	48.6	0	00:10.9	01:27.8	5.69	00:00.0	0	42	8	8.8	0	---	446	-52	2	36	11	375	651	613	-11	-25.6276	28.3503		

STROKE PROFILES

Typical Values

Interval Workout

Select destination and press ENTER or choose Paste

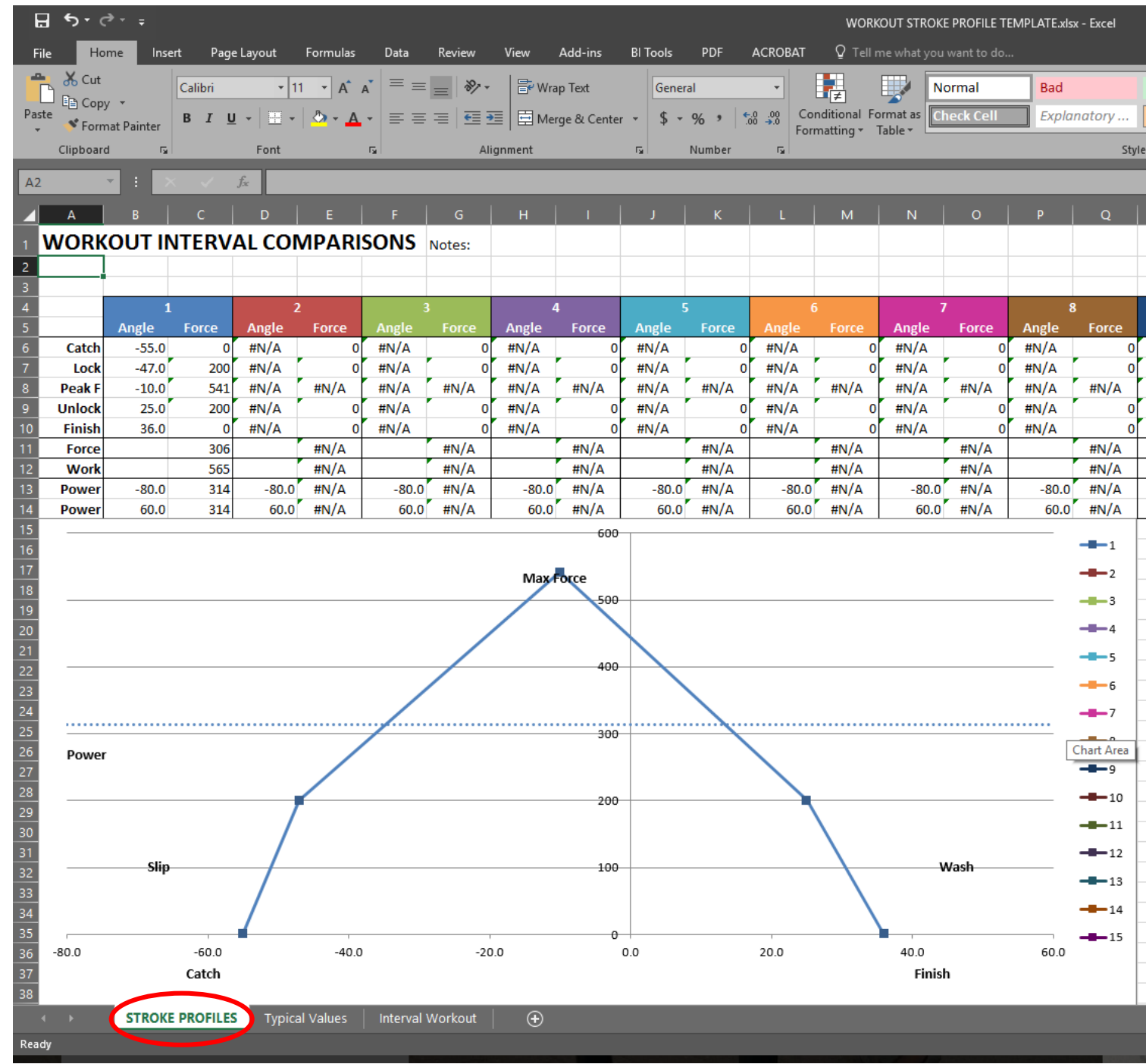
Average: 658.408023 Count: 4411 Sum: 2661285.229

## 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.

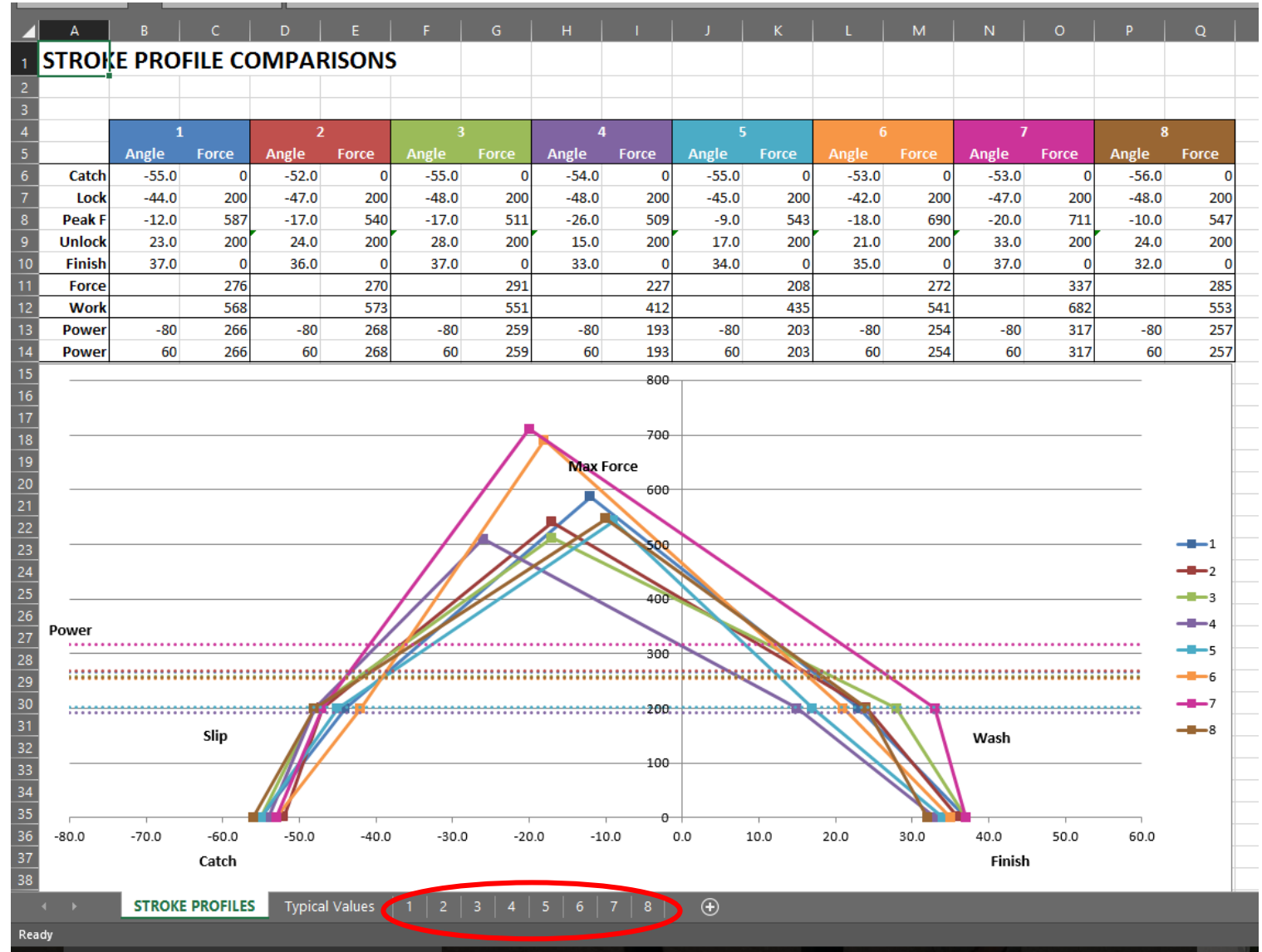
If you CSV file has multiple intervals (for example from a multi-interval workout), all these intervals will appear as separate graphs on the chart



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