How to Import Oarlock CSV Data into the NK Templates







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Joe Racosky 🛛 🗛 Share

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Open up the Rowing CSV File

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

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

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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

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Peak F	-10.0	541	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Unlock	25.0	200	#N/A	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0
Finish	36.0	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0	#N/A	0
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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