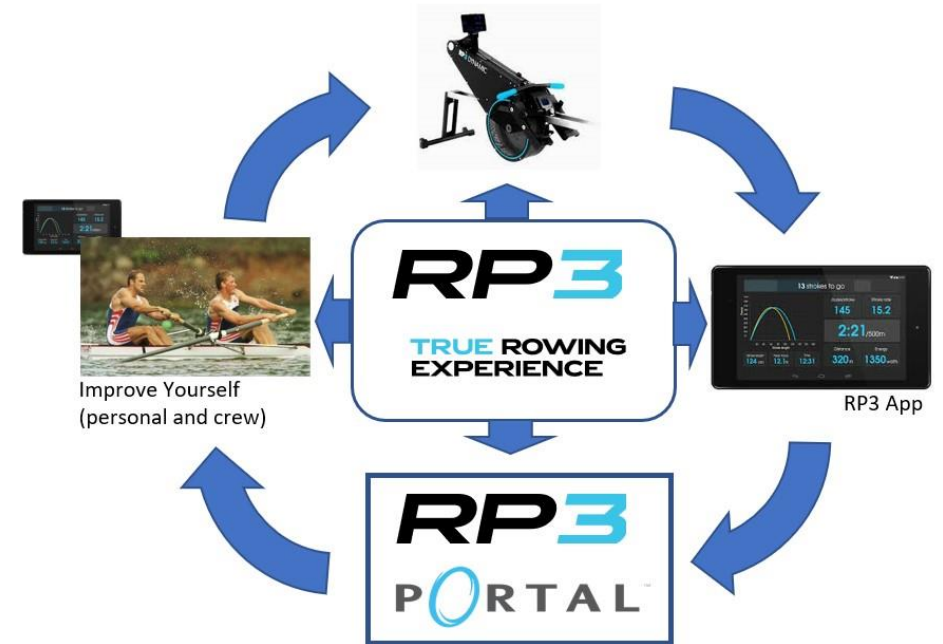


RP3 Rowing Portal & App

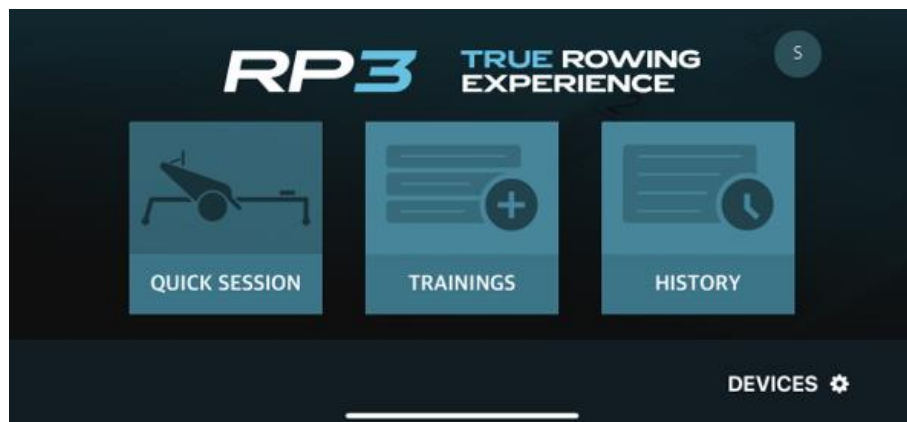
Short introduction

May 2023

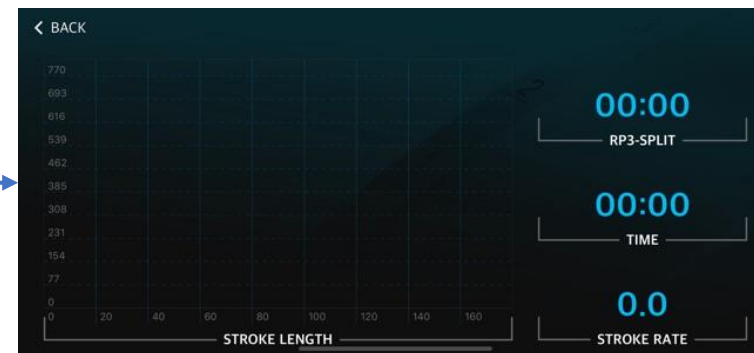


Using data to improve your rowing

RP3 Monitor: interactive & real time feedback during your workout



Start screen to select (smartphone & tablet)
 Select Quick Session or Training (create and reselect)
 History for log (incl. link to RP3 Portal)
 Login with RP3 account
 Connect with RP3 with USB or Bluetooth



Smartphone (iOS): big PowerCurve section & 3 fields to select*



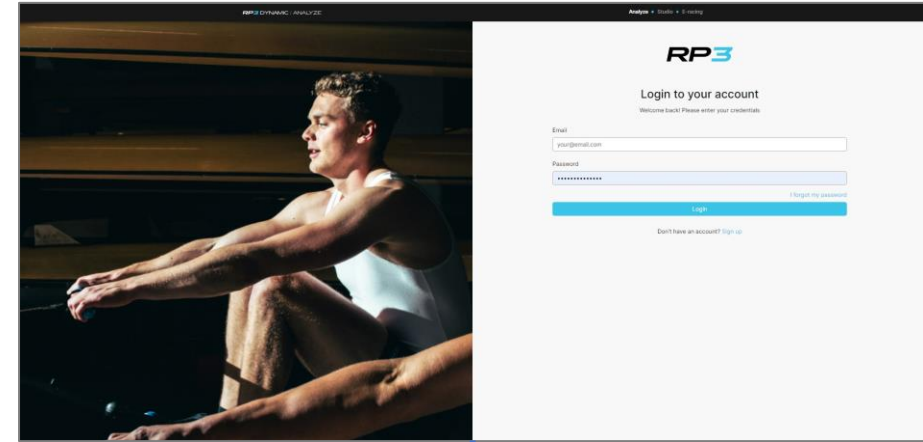
Tablet version (Android): big PowerCurve section & RP3 Split and 7 fields to select*

* From 23 different fields

Drill down into workout for analysis & feedback – Dashboard

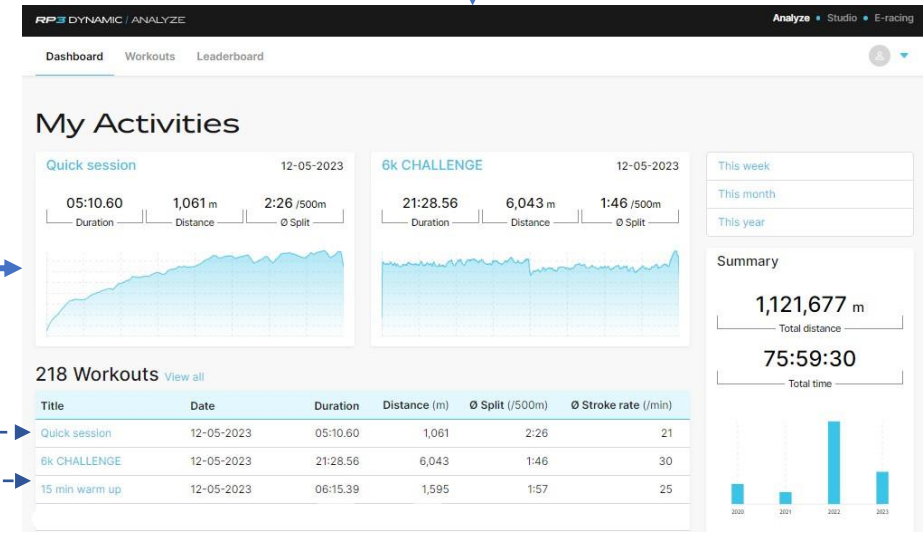


RP3 Portal: log overview of all sessions and get details per session for reporting and analysis



Login to RP3 Portal

Automatic stored in RP3 Portal



Title: Quick Session or Name of Training

Dashboard overview: all workouts, overview information, last two on top, selection/filtering function, summary, automatic comparing, delete workout

Drill down into workout for analysis & feedback – Workout Details

RP3 DYNAMIC / ANALYZE Analyze Studio E-racing

Dashboard Workouts Leaderboard

My Activities

Quick session 12-05-2023

05:10.60 1,061 m 2:26 /500m

Duration Distance Ø Split

6k CHALLENGE 12-05-2023

21:28.56 6,043 m 1:46 /500m

Duration Distance Ø Split

This week

This month

This year

Summary

1,121,677 m Total distance

75:59:30 Total time

218 Workouts [View all](#)

Title	Date	Duration	Distance (m)	Ø Split (/500m)	Ø Stroke rate (/min)
Quick session	12-05-2023	05:10.60	1,061	2:26	21
6k CHALLENGE	12-05-2023	21:28.56	6,043	1:46	30
15 min warm up	12-05-2023	06:15.39	1,595	1:57	25

RP3 DYNAMIC ANALYZE Analyze Studio E-racing

Dashboard Workouts Leaderboard

6k CHALLENGE

Summary 12-05-2023, 3:55:43 PM

21:10.95 Total time 6,000 m Distance

1:45 /500m 30 /min Stroke rate n/a Calories burned

Ø Split Ø Stroke rate

Duration	Distance (m)	Ø Split (/500m)	Ø Stroke rate (/min)	Ø Power (W)
21:10.95	6,000	1:45.83	30.3	273.51
00:17.53	63	2:23.29	0.0	--

Intervals

Graphs

Split (500m)

Power (W)

Stroke rate (/min)

Split times

Duration	Ø Split (/500m)	Ø Power (W)	Ø Stroke rate (/min)	
500 m	01:45.83	1:45.83	298.56	32.0
500 m	01:45.10	1:45.10	275.81	30.5
500 m	01:43.64	1:43.64	274.22	30.8
500 m	01:41.55	1:41.55	286.49	31.7
500 m	01:43.78	1:43.78	261.27	30.8
500 m	01:43.94	1:43.94	257.02	31.4
500 m	01:47.26	1:47.26	252.88	28.3
500 m	01:46.10	1:46.10	262.31	28.5
500 m	01:46.34	1:46.34	263.15	29.0
500 m	01:46.15	1:46.15	262.10	29.0
500 m	01:46.98	1:46.98	258.15	28.8
499 m	01:43.85	1:43.84	265.12	31.3

Stroke analyzer

00:01:11 Time 54 cm Stroke rate

2:59 /500m 72 W 1.25 m Split Power Stroke length

04:0 /1 580 W 27 cm Energy per stroke Peak force Peak force position

20.8 % 1.11 x 0.00 x Rel. Peak Pos. Drive time Recover time

My account Learn More

RP3 DYNAMIC ANALYZE

Drill down into workout for analysis & feedback – Workout Details: 4 sections



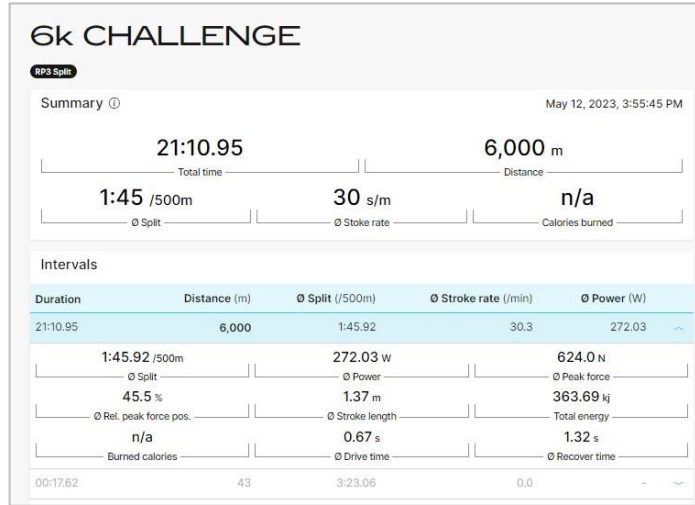
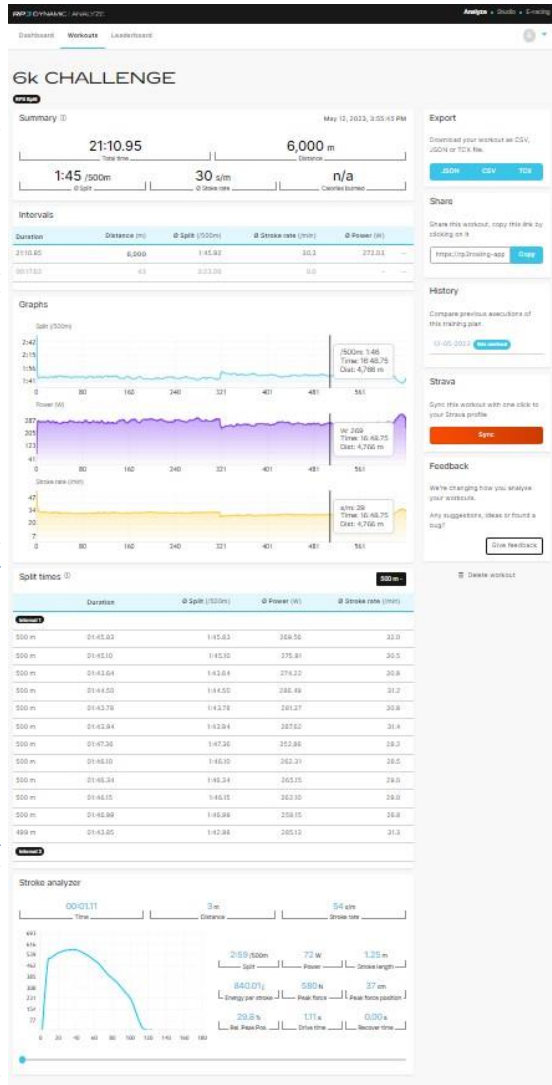
Four sections:

1.

2.

3.

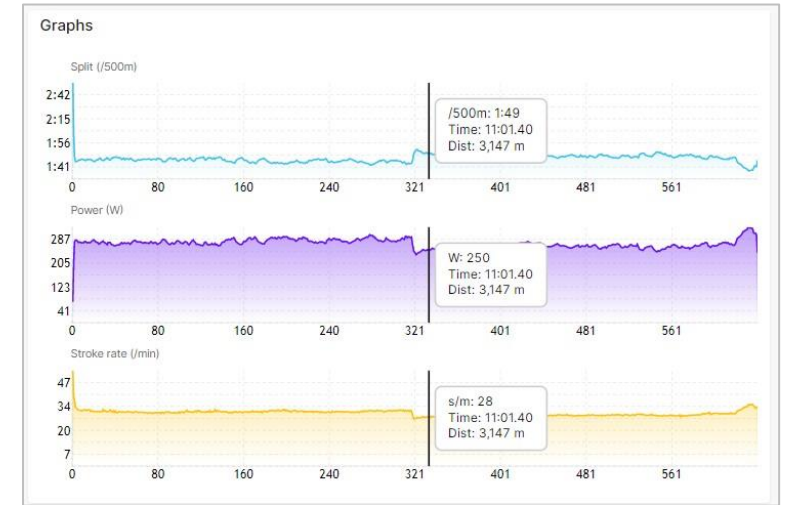
4.



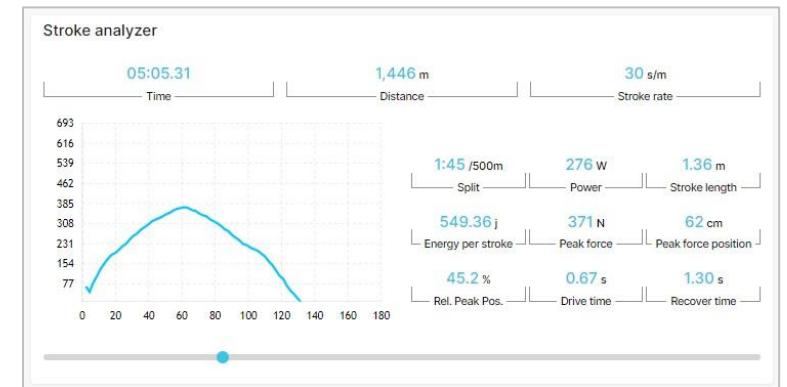
1. Workout detail page Summary & Intervals



3. Split overview: selector to divide session in different parts, incl. 'famous' 20% → 5 intervals



2. Graphs section: split / power / stroke rate / heart rate (with 'hoover over' function)

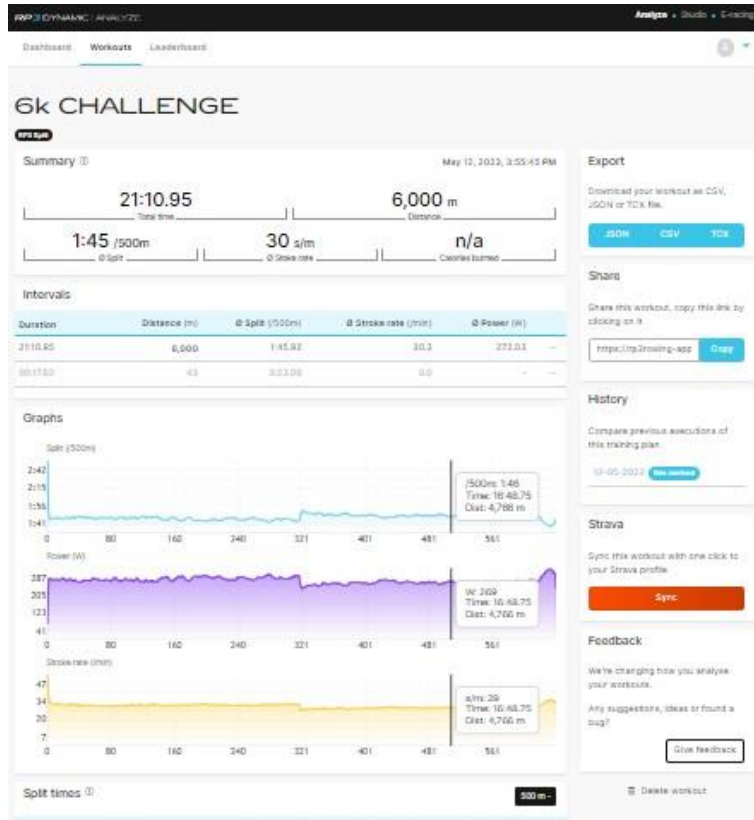


4. Stroke Analyzer: every other stroke information available. Use the slider to analyze the Power Curve shape developing during workout.

Discover your points of improvement



Drill down into workout for analysis & feedback – Share your workout / session data



Six functions:

1.

1. Export the data in your needed format: CSV, JSON or TCX

2.

2. Share this workout: copy link and send

3.

3. Compare this workout with similar sessions (which will automatically appear)

4.

4. Synchronize with Strava (also to be set automatically on the profile page)

5.

5. Feedback: please give us your ideas so we can keep improving your Rowing Experience and learning curve with our functions and features

6.

6. If the session meets the conditions (the right chosen distance and settings), the suggestion to add it to the Leaderboard will appear.

Of course, if the result is good enough to put on the Leaderboard.... 😊

