

The relation, differences and similarities between CARE/DOS, Rpw and SEAN

Currently, there are four computer programmes available for the Rowperfect rowing simulator:

- CARE.EXE, the original DOS based software (referred to as *CARE/DOS* for the remainder of this document)
- *Rpw* : *Rowperfect for Windows*
- *SEAN* : *Session Analysis*
- *ROSE* : *Row Server* and *NERO* : *Network Row client*.

The relation between the programmes, is, in short, as follows:

- *Rpw* is the Windows counterpart of *CARE/DOS*. Its functionality is based on the features available in the old DOS software, and some extras. It can read data from a MkIV monitor and from a re-programmed interface only and has limited analysis possibilities. *Rpw* does not expire.
- *SEAN* is the “pro” version of *Rpw* (or *Rpw* is a “light” version of *SEAN*, whatever way around), with lots of extra features. *SEAN* can read both the MkIV and any kind of interface, and has far more features for analysis than *Rpw*. Also, it is highly customisable. *SEAN* requires a license key to be used. Without, it will expire in 1 month after installation - running as a trial version only.
- *ROSE* / *NERO* work together and have the same features as *SEAN* has, extended with some options for user- and database administration, and for chatting over the network. *ROSE* / *NERO* are not covered in this document, as they target a very specialised elite audience. *ROSE* uses a license key also, *NERO* can be used only with a running copy of *ROSE*.

Rpw is also available as a free trial version, called *RpwT*. It has all the features of the standard programme *Rpw*, but it can read both the MkIV and any kind of interface. By this, owners of existing DOS software can try *Rpw* without the need of their interface being re-programmed. *RpwT* will expire in 1 month after installation. It is intended for testing *Rpw* only, and not discussed further in this document.

The programmes target different audiences:

- *CARE/DOS* : Home/club users - Obsolete; replaced by *Rpw* for new interfaces.
- *Rpw* : Home/club users.
- *SEAN* : Coaches, advanced users.
- *ROSE* / *NERO* : (Inter-)national athletes at training institutes.

Rpw, *SEAN* and *ROSE* / *NERO* all run on Windows, any 32bit desktop version ('95, '98, ME, NT, 2000, XP, Vista and Windows7). *CARE/DOS* runs on DOS based computers only.

The table below summarises the possibilities / features / options for the main 4 programmes:

Feature	CARE/DOS	Rpw	SEAN
FILES (see notes on file types below)			
• Read SES files	•	0	•
• Write SES files	•		•
• Read STR files	•	•	•
• Write STR files	•	•	•
• Read BRM files			•
• Write BRM files	•		•
• Read INI files	•	•	•
• Write INI files	•	•	•
• Read STG files		•	•
• Write STG files		•	•
• Read MkIV (MKS, MKR, MKI) files		•	•

Feature	CARE/DOS	Rpw	SEAN
• Read SED files			•
• Write SED files			•
• Write TXT files			•
• Write XLS files			•
• Maximum number of training sessions (files) open at the same time	1	2	unlimited
INTERFACES / RECORDING			
• Connect to an old (=DOS) PC interface	•		•
• Connect to a new (=Rpw) interface	•	•	•
• Connect to a MkIV		•	•
• Connect to an interface / MkIV through an USB serial adapter		•	•
• Read build-in “demo data”		•	•
• Parameters recorded per stroke	16	25+	25+
ANALYSIS WINDOWS (see examples below)			
• <i>Browse</i> window			•
• <i>Calendar</i> window			•
• <i>Summary</i> window			•
• <i>Intervals</i> window			•
• <i>Stroke data</i> window (“Evaluate screen”)	•	•	•
• <i>Force curves</i> window (“Strokes screen”)	•	•	•
• <i>Row</i> window (“Main screen”)	•	•	•
• <i>Race</i> window			•
CUSTOMISATION			
• Customisable training sessions (workout type, limit, ...)	•	•	•
• Customisable interface (font, colours, ...)	0	0	•
• Customisable chart-axes in <i>Stroke data</i> window (choose parameters)	•	•	•
• Customisable chart-axes range in <i>Stroke data</i> window (set minimum /maximum values)			•
• Customisable data areas (select columns in the data area in <i>Summary</i> , <i>Interval</i> , <i>Stroke data</i> , <i>Force curve</i> and/or <i>Race</i> windows)			•
• Customisable parameter cells in <i>Row</i> window (choose which parameters to show)	•	•	•
• Number of parameter cells in <i>Row</i> window	8	8	unlimited
• Customisable parameter cells appearance (mini-charts, averages etc.)			•
• Customisable window layout (show / hide data area or training list in <i>Summary</i> , <i>Interval</i> , <i>Stroke data</i> , <i>Force curve</i> and/or <i>Race</i> windows)			•
• Customisable chart-axes in <i>Row</i> window (choose parameters)	•	•	•
• Customisable chart-axes range in <i>Row</i> window (set minimum /maximum values)			•
SPECIALS			
• Calculate average force curve for selected training session		•	•
• Calculate average force curves for all training		•	•





Feature	CARE/DOS	Rpw	SEAN
sessions (4 options)			
• Scale force curves by length and/or force	o	•	•
• View reference curve in <i>Row</i> window	•	•	•
• View video area in <i>Row</i> window			•
OTHER			
• Run multiple copies at the same time on 1 PC			•
• Limited in use by software (license key)			•
• Limited in use by hardware (interface)	•	o	
• Windows Explorer enhancements (tool tips, property sheet)			•
• Internet updater build-in			•

[] does not apply

[o] does partially apply

[•] does apply

Notes on the [o] in the table

- *Rpw* can only read SES files through an intermediate programme (see “Notes on file types and compatibility”).
- In *Rpw*, the colours of the charts can be set; in *SEAN* and *CARE/DOS* also some other colours (background, text etc.) can be set. Furthermore, in *SEAN* the font and screen layout can be set.
- With *CARE/DOS*, force curves can be scaled with a separate programme called STROKER.

General notes

- *CARE/DOS* software is no longer being updated.
- *Rpw* is technically fully compatible with *SEAN*.
- *Rpw* and *SEAN* have been developed in cooperation with Rowperfect Pty Ltd, and are copyrighted by, and property of Row-Ware.

Notes on interface compatibility

- *CARE/DOS* runs with any kind of interface.
- *Rpw* runs only with the MkIV monitor and re-programmed interfaces. Re-programming is done by Rowperfect Pty Ltd and Row-Ware exclusively via Rowperfect agents.
- *SEAN* runs with any kind of interface or MkIV monitor.

Notes on file types and compatibility

The list below summarises the different file types *CARE/DOS*, *Rpw* and/or *SEAN* can handle, each with their own distinctive features and background.

- BRaM Files (BRM) are text based, tab delimited files containing either stroke data, force curves, intervals or user settings. These files originate from the Rowperfect DOS software, and can easily be imported into other programmes, for example MS Excel or MS Word.
- Desktop Files (SED) contain *SEAN* windows settings and references to training sessions.
- Session Files (SES) originate from the DOS software also, and contain intervals, stroke data as well as (up to 200) force curves for a specific training session. They are limited not only in the number of force curves, but also are not capable of storing parameters that are not available in the DOS software, such as Drive Recover ratio.
- *SEAN* Training Files (STG) are the native *SEAN* and *Rpw* files. They contain all the information associated with a training session, including an unlimited number of strokes and curves and extra user information such as name, event and date.

- Stroke Files (STR) contain just one single force curve and the stroke data that goes with it. These files were originally intended to store reference curves, so these could be send to others.
- User files (INI) define the workout settings as used in the DOS software. They can be read and written by SEAN, but lack the extra information that can be entered on the *General* page of a *Training* window.
- MkIV Session Files (MKS) are the Session files generated and stored on the MkIV monitor.
- MkIV Stroke Files (MKR) are the Stroke files generated and stored on the MkIV monitor.
- MkIV User Files (MKI) are the User files generated and stored on the MkIV monitor.

Rpw can not read or write the SES files created by CARE/DOS; a separate programme is available for free, to convert SES files to the file format Rpw uses, being STG files. This is a one way conversion utility (SES to STG, not vice versa).

Notes on licensing and sales

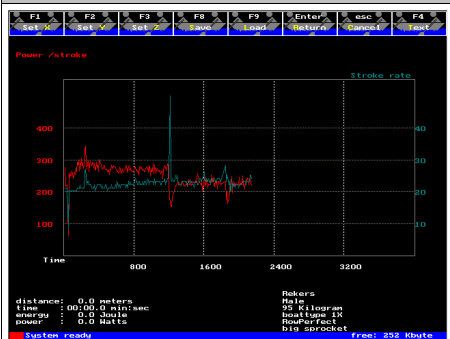
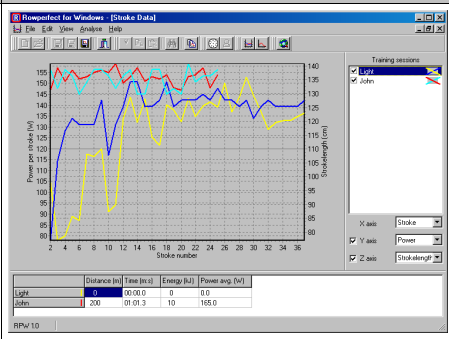
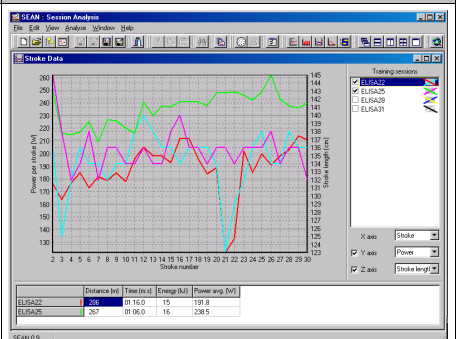
- Rpw is marketed, sold and supported by Rowperfect Pty Ltd and agents exclusively.
- Rpw is shipped with re-programmed interfaces and MkIV monitors.
- Targeted retail price for an upgrade of CARE/DOS to Rpw is 150 EURO. This does include the re-programming of an existing interface, a CD-ROM containing software, manual and demo data, and postage and packaging back to the customer, but does not include the interface itself.
- SEAN is marketed, sold and supported by Row-Ware exclusively.
- Targeted retail price for SEAN is 200 EURO. This includes the license key only; the software and manual can be downloaded freely from the website. Again, interfaces have to be purchased separately.

Notes on support

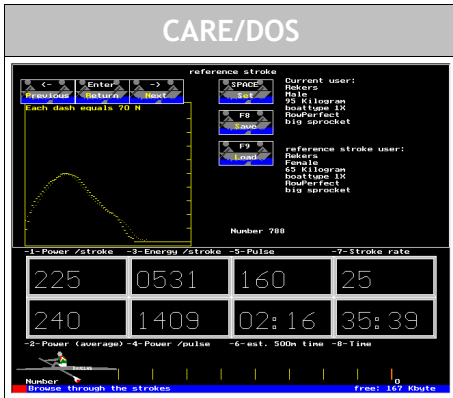
- After sales service and support for Rpw to end users will be provided for by Rowperfect agents.
- After sales service and support for SEAN to end users will be provided for by Row-Ware.

Examples of analysis windows

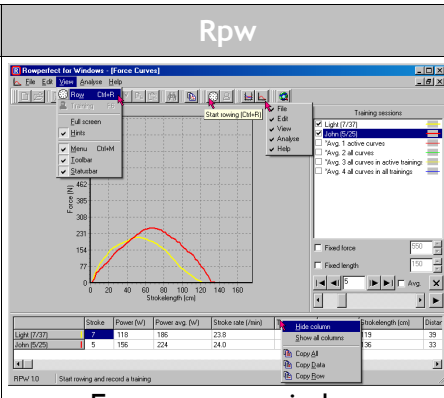
Below some examples of the analysis windows (screens) available in the three main programmes. The windows are described in detail in the corresponding manuals.

 <p style="text-align: center;">CARE/DOS</p> <p style="text-align: center;">Evaluate screen</p>	 <p style="text-align: center;">Rpw</p> <p style="text-align: center;">Stroke data window</p>	 <p style="text-align: center;">SEAN</p> <p style="text-align: center;">Stroke data window</p>
---	--	--

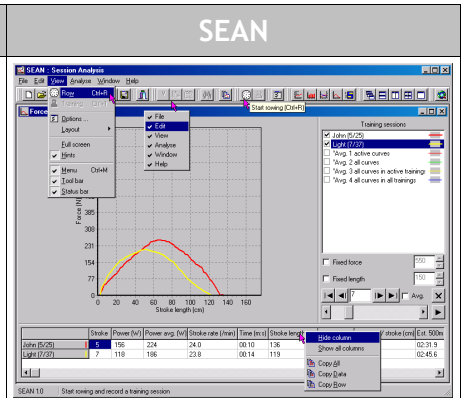




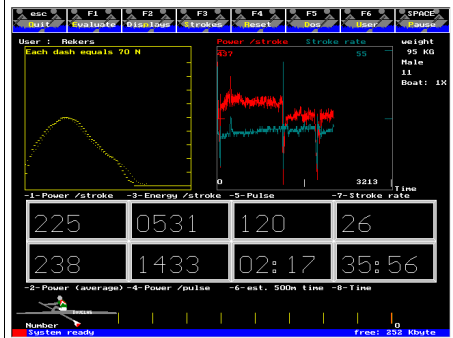
Strokes screen



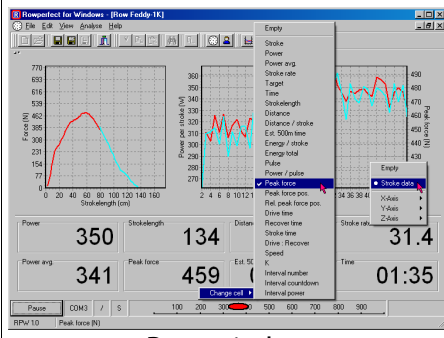
Force curves window



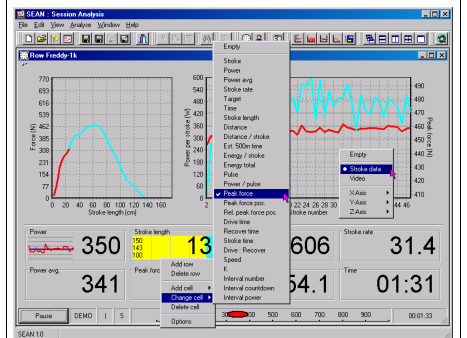
Force curves window



Main screen



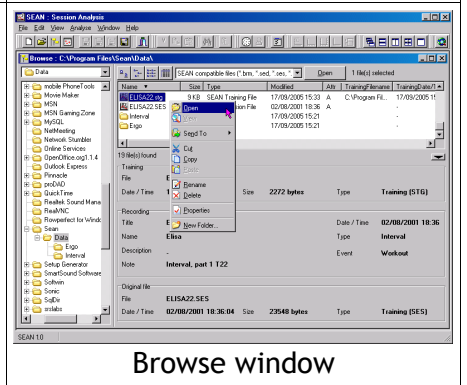
Row window



Row window

N/A

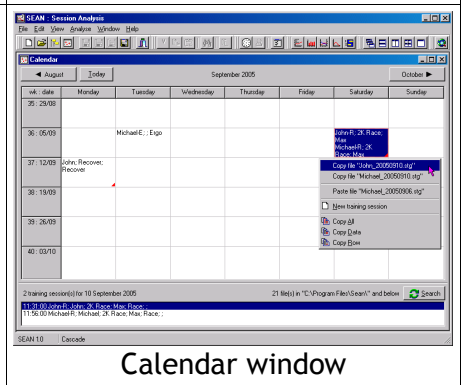
N/A



Browse window

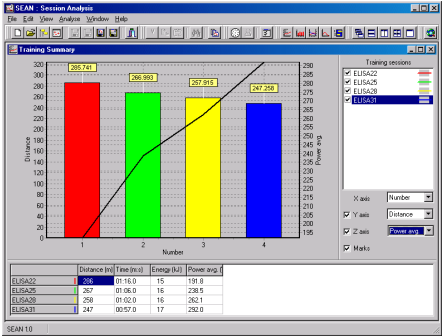
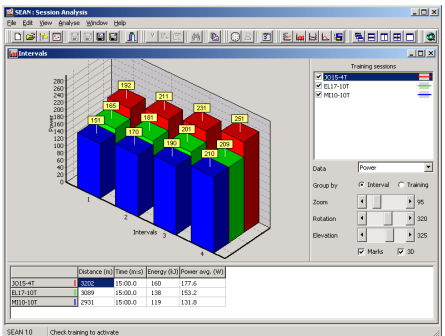
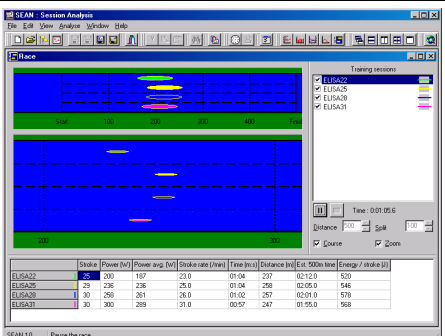
N/A

N/A



Calendar window



CARE/DOS	Rpw	SEAN																																									
N/A	N/A	 <p>Summary window</p> <table border="1" data-bbox="1070 495 1294 566"> <thead> <tr> <th></th> <th>Distance (m)</th> <th>Time (hr:m)</th> <th>Energy (kJ)</th> <th>Power (avg. (W))</th> </tr> </thead> <tbody> <tr> <td>ELISA22</td> <td>265</td> <td>01:53.0</td> <td>15</td> <td>179.8</td> </tr> <tr> <td>ELISA25</td> <td>267</td> <td>01:06.0</td> <td>16</td> <td>238.5</td> </tr> <tr> <td>ELISA28</td> <td>258</td> <td>01:02.0</td> <td>16</td> <td>262.1</td> </tr> <tr> <td>ELISA31</td> <td>247</td> <td>00:57.9</td> <td>17</td> <td>280.8</td> </tr> </tbody> </table>		Distance (m)	Time (hr:m)	Energy (kJ)	Power (avg. (W))	ELISA22	265	01:53.0	15	179.8	ELISA25	267	01:06.0	16	238.5	ELISA28	258	01:02.0	16	262.1	ELISA31	247	00:57.9	17	280.8																
	Distance (m)	Time (hr:m)	Energy (kJ)	Power (avg. (W))																																							
ELISA22	265	01:53.0	15	179.8																																							
ELISA25	267	01:06.0	16	238.5																																							
ELISA28	258	01:02.0	16	262.1																																							
ELISA31	247	00:57.9	17	280.8																																							
N/A	N/A	 <p>Intervals window</p> <table border="1" data-bbox="1070 875 1294 947"> <thead> <tr> <th></th> <th>Distance (m)</th> <th>Time (hr:m)</th> <th>Energy (kJ)</th> <th>Power (avg. (W))</th> </tr> </thead> <tbody> <tr> <td>INT1-41</td> <td>150</td> <td>15:00.0</td> <td>149</td> <td>177.6</td> </tr> <tr> <td>INT1-101</td> <td>309</td> <td>15:00.0</td> <td>139</td> <td>153.2</td> </tr> <tr> <td>INT1-161</td> <td>293</td> <td>15:00.0</td> <td>119</td> <td>131.8</td> </tr> </tbody> </table>		Distance (m)	Time (hr:m)	Energy (kJ)	Power (avg. (W))	INT1-41	150	15:00.0	149	177.6	INT1-101	309	15:00.0	139	153.2	INT1-161	293	15:00.0	119	131.8																					
	Distance (m)	Time (hr:m)	Energy (kJ)	Power (avg. (W))																																							
INT1-41	150	15:00.0	149	177.6																																							
INT1-101	309	15:00.0	139	153.2																																							
INT1-161	293	15:00.0	119	131.8																																							
N/A	N/A	 <p>Race window</p> <table border="1" data-bbox="1070 1234 1461 1328"> <thead> <tr> <th></th> <th>Stroke</th> <th>Power (W)</th> <th>Power (avg. (W))</th> <th>Stroke rate (1/min)</th> <th>Time (hr:m)</th> <th>Distance (m)</th> <th>Est. 500m time</th> <th>Energy / stroke (J)</th> </tr> </thead> <tbody> <tr> <td>ELISA22</td> <td>30</td> <td>187</td> <td>21.0</td> <td>01:04</td> <td>297</td> <td>02:12.8</td> <td>520</td> </tr> <tr> <td>ELISA25</td> <td>29</td> <td>235</td> <td>23.6</td> <td>01:04</td> <td>299</td> <td>02:06.0</td> <td>545</td> </tr> <tr> <td>ELISA28</td> <td>30</td> <td>259</td> <td>26.1</td> <td>01:02</td> <td>257</td> <td>02:01.0</td> <td>578</td> </tr> <tr> <td>ELISA31</td> <td>30</td> <td>300</td> <td>28.9</td> <td>01:00</td> <td>247</td> <td>01:55.0</td> <td>568</td> </tr> </tbody> </table>		Stroke	Power (W)	Power (avg. (W))	Stroke rate (1/min)	Time (hr:m)	Distance (m)	Est. 500m time	Energy / stroke (J)	ELISA22	30	187	21.0	01:04	297	02:12.8	520	ELISA25	29	235	23.6	01:04	299	02:06.0	545	ELISA28	30	259	26.1	01:02	257	02:01.0	578	ELISA31	30	300	28.9	01:00	247	01:55.0	568
	Stroke	Power (W)	Power (avg. (W))	Stroke rate (1/min)	Time (hr:m)	Distance (m)	Est. 500m time	Energy / stroke (J)																																			
ELISA22	30	187	21.0	01:04	297	02:12.8	520																																				
ELISA25	29	235	23.6	01:04	299	02:06.0	545																																				
ELISA28	30	259	26.1	01:02	257	02:01.0	578																																				
ELISA31	30	300	28.9	01:00	247	01:55.0	568																																				

Justus Janssen
Row-Ware

info@row-ware.com

The revision of this document voids any previous revisions.

