

RP3 App Rowing Parameters

Avg. Power - Your average rowing power in Watts over the course of the piece or interval you have been completing.

Avg. split - Your average split time per 500m of the interval you have been completing.

Calories sum - The total number of calories burned during the interval.

DR Ratio - The ratio of your drive time to recovery time on your previous stroke.

Distance per stroke - The distance travelled during your previous stroke

Drive time - The time taken to complete the drive phase (chain coming out of the machine) during your last stroke.

Energy per stroke - The energy you produced during the last stroke measured in Joules. A larger area under the line on the power curve corresponds to a higher value for energy per stroke.

Energy Sum - The total amount of energy you have produced so far during the interval, ie. your average energy per stroke multiplied by your number of strokes.

Heart Rate - Your current heart rate (BPM), available if you have a HR monitor connected.

K - RP3 Drag Factor - an arbitrary unit that enables you to ensure your resistance level is set up to your requirement on every RP3 you use.

Peak Force - The highest instantaneous force recording during your last stroke in Newtons. The point at which your power curve is at its highest.

Peak Force Pos. - The amount of distance from the start of your drive to the point of your peak force.

Power - Your instantaneous rowing power in watts

Recover time - The time taken to complete the recovery of you last stroke (when the chain is going back into the machine).

Rel. peak force pos. - The position of your peak force as a percentage of your total stroke length. For example, 50% means you were producing most force at half way through your drive.

Speed (km/h or m/s) - Your instantaneous speed, available as kilometres per hour or metres per second.

Split - Your instantaneous speed displayed as the time it would take to complete 500 metres.

Stroke count - The total number of strokes taken in the interval so far.

Stroke Length - The length in cm of your last stroke drive phase.

Stroke rate - The number of strokes you are taking per minute.

Total distance - The total distance you have travelled in the interval so far.

Total elapsed time - The total time your interval has taken so far.



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