








The relation, differences and similarities between CARE/DOS, RP3W and SEAN

Over the years, several different computer interfaces have been developed for the Rowperfect Classic and ROWPERFECT3 rowing simulator. To read data from these interfaces, five computer programmes are available, each with their distinctive features. This document describes which interface can be used with what programme and it compares the computer programmes options.

Interface types

Set aside a few prototypes, the table below lists all Rowperfect interfaces that have been taken into production:

ORIGINAL Interface	MESO-OLD Interface	MESO-NEW Interface	MESO-Rpw Interface
			
Rowperfect Classic	Rowperfect Classic	Rowperfect Classic ^A	Rowperfect Classic ^A

MkIV Monitor	SMD Interface	RP3 USB Interface
		
Rowperfect Classic ^B , ROWPERFECT3 ^B	Rowperfect Classic ^C , ROWPERFECT3	Rowperfect Classic, ROWPERFECT3

Notes:

- A. The MESO-NEW and MESO-Rpw interfaces are identical except for the firmware (internal software, not visible from the outside except for a sticker or marker saying “Rpw”). A MESO-NEW interface can be updated to MESO-Rpw by having it re-programmed; this is called the “CARE/DOS Upgrade” or “Rpw Upgrade”.
- B. The MkIV Monitor needs special preparation of the Rowperfect / ROWPERFECT3 to be mounted; this can not be done on all Rowperfect Classic or ROWPERFECT3 models. Contact your agent for details.
- C. The SMD interface needs special preparation of the Rowperfect to be mounted; this can not be done on all Rowperfect Classic models. Contact your agent for details.



Computer programmes

The five computer programmes for the Rowperfect Classic and ROWPERFECT3 to date are:

- *CARE/DOS*, the original software for the Rowperfect Classic
- *Rpw* : *Rowperfect for Windows*, the standard Windows software for the Rowperfect Classic (not discussed in this document)
- *RP3W* : *ROWPERFECT3 for Windows*, the standard Windows software for the ROWPERFECT3 (“RP3W”)
- *SEAN* : *Session Analysis* (“SEAN”), the high end recording and analysis software
- *ROSE* : *Row Server* & *NERO* : *Network Row client*, the networked version of SEAN (“ROSE/NERO”)

CARE/DOS

The original DOS based software for the Rowperfect Classic was named CARE. It is the point of reference for all the other programmes. It calculates the basic 16 parameters for each stroke, including a force curve. Data storage is limited and sessions can not extend the (approximately) 45 minutes barrier. *CARE/DOS* reads data from any except the RP3 USB interface. The programme runs under DOS (or in DOS mode under Windows 95-98-ME) only. *CARE/DOS* can be downloaded for free from www.row-ware.com. *CARE/DOS* has been developed in 1991-1995 and is no longer maintained nor supported.



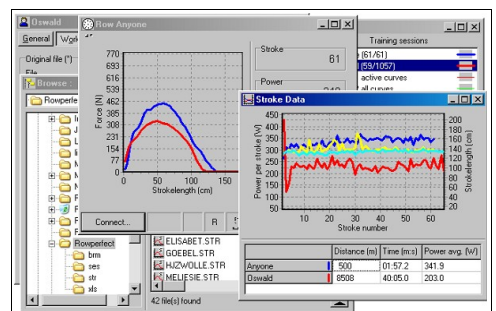
RP3W : ROWPERFECT3 for Windows

With the introduction of the ROWPERFECT3, a new interface “RP3 USB” was introduced. The accompanying software is *RP3W*. It is comparable to *CARE/DOS*, but comes with a more intuitive analysis window and an auto-save feature which makes it much more suitable for club use. *RP3W* reads data from the RP3 USB interface only. *RP3W* can be downloaded for free from www.row-ware.com. *RP3W* has been in development since 2010 and is being improved on a regular basis.



SEAN : Session Analysis

SEAN is the “pro” version of *RP3W* (or *RP3W* is the “light” version of *SEAN*, whatever way around), with lots of extra features. *SEAN* can read data from any kind of interface and offers far more ways for analysing data than its lightweight counterparts. Also, it is highly customisable, both in its user interface as well as using command-line options. *SEAN* requires a license key to be used for each computer it is installed on. The *SEAN* programme and a trial license can be downloaded from www.row-ware.com. Development of *SEAN* has started in 2003 and it has (and is) enhanced and improved on a regular basis ever since.



ROSE : Row Server & NERO : Network Row Client

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* store data as files on a server and in a database automatically. This data can then easily be made available on a website; examples of this are provided. Sessions are done on a *NERO* workstation and are monitored in real time - in a local network or even over the Internet - on the *ROSE* computer where the coach has an overview of all current and previously recorded sessions. The built-in user system allows for easy



management of athletes personal information and privileges. *ROSE/NERO* are available to clubs and training institutes only. One needs some expertise to use and support it and therefore it requires one or two dedicated (assistant) coaches to maintain the system and data.

ROSE/NERO are not covered in this document, as they target this very specialised elite audience only. *ROSE* uses a license key also, *NERO* can be used only with a running copy of *ROSE*.



Feature comparison matrix

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

Feature	CARE/DOS	RP3W	SEAN
FILES			
• Read/write SES (CARE/DOS Session) files	•	0	•
• Read/write STR (Stroke) files	•	•	•
• Read BRM files	•		•
• Write BRM files			•
• Read/write INI (CARE/DOS User) files	•	•	•
• Write INI files	•	•	•
• Read/write STG (SEAN Training) files		•	•
• Read MkIV (MKS, MKR, MKI) files			•
• Read/write SED (SEAN Desktop) files			•
• Write TXT files			•
• Write XLS files			•
• Write FitLog (SportTracks) files		•	•
• Write MATLAB files			•
• Maximum number of training sessions (files) open at the same time	1	2	unlimited
INTERFACES / RECORDING			
• ORIGINAL interface	•		•
• MESO-OLD interface	•		•
• MESO-NEW interface	•		•
• MESO-Rpw interface	•		•
• MkIV Monitor	•		•
• SMD Interface	•		•
• RP3 USB Interface		•	•
• Read build-in “demo data”		•	•
• Parameters recorded per stroke	16	25	40
ANALYSIS WINDOWS			
• <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>Session</i> window		•	•
• <i>Row</i> window (“Main screen”)	•	•	•
• <i>Race</i> window			•
• <i>Splits</i> in the <i>Results</i> window			•
• <i>Splits</i> in the <i>Training</i> window		•	•

Feature	CARE/DOS	RP3W	SEAN
CUSTOMISATION			
• Define training sessions (workout type, limit, ...)	•	•	•
• Customise interface (font, colours, ...)	o	o	•
• Choose parameters /axes in charts	•	•	•
• Set minimum /maximum values for chart-axes			•
• Select columns in the data areas / grids		•	•
• Define window layout (show / hide data area, training list and/or charts)			•
• Set parameter cells in <i>Row</i> window (choose which parameters to show)	•	•	•
• Set advanced parameter cell options (mini-charts, averages etc.)			•
• Number of parameter cells in <i>Row</i> window	8	8	unlimited
• Number of parameter cells in <i>Session</i> window		12	unlimited
SPECIALS			
• Auto-save session results		•	•
• Show markers and averages in charts			
• Calculate average force curve for selected training session		•	•
• Calculate average force curves for all training sessions (4 options)			•
• Scale force curves by length and/or force			•
• View reference curve in <i>Row</i> window	•	•	•
• View video area in <i>Row</i> window			•
• Text-based <i>Row</i> window for the visually impaired			•
OTHER			
• Operating System	DOS	Windows	Windows
• Targeted audience	Home	Home/Club	Home/Coach/Pro
• Run multiple copies at the same time on 1 PC			•
• Requires license key			•
• Windows Explorer enhancements (tool tips, property sheet)			•
• Internet updater built-in		•	•

[] does not apply

[o] does partially apply

[•] does apply

Notes on the [o] in the table

- *RP3W* can only read SES files through an intermediate programme named SES2STG.
- In *CARE/DOS*, *RP3W* and *SEAN* colours (background, text etc.) can be set. Furthermore, in *SEAN* both the font and screen layout are user definable too.

Notes on Operating System

- “DOS” in the table means “DOS” or “DOS box under Windows 95/98/Me”.
- “Windows” in the table refers to any Windows version (32 or 64 bit) starting with Windows '95.