Oar Power Meter

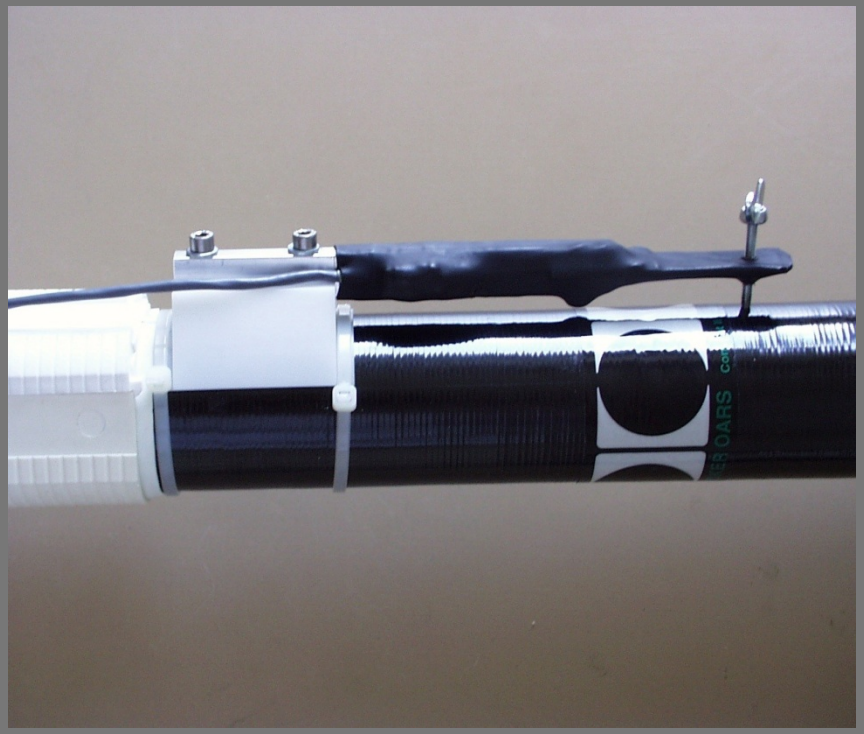
is a coaching tool that directly measures:

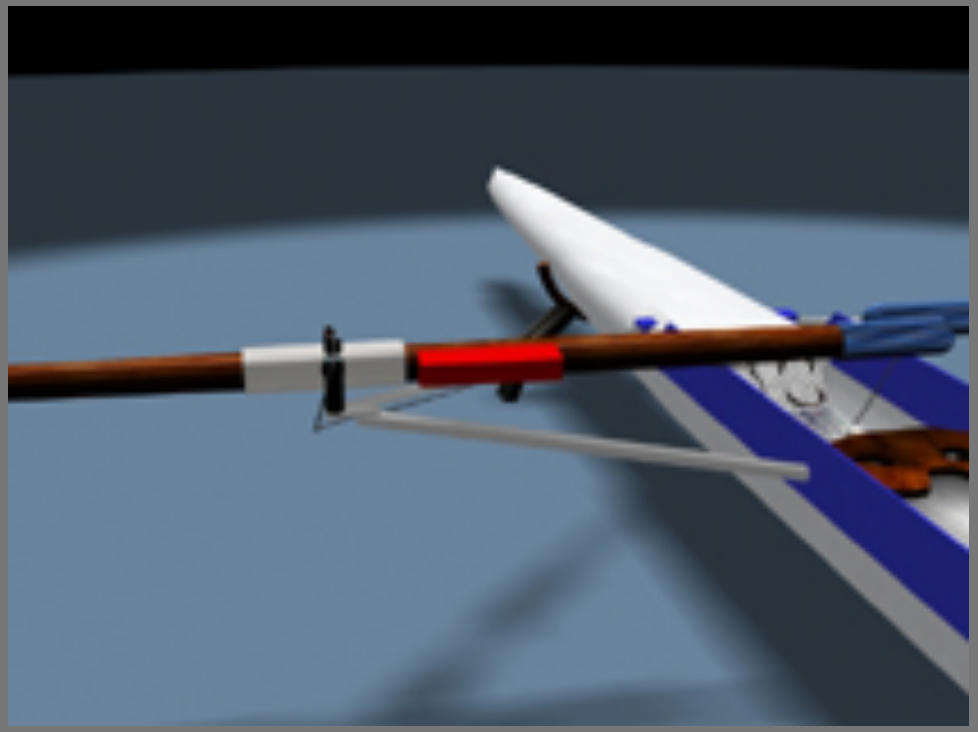
- Time
- Stroke rate
- Force
- Peak force
- Force peak vs. Angle
- Power
- Peak power
- Heart rate
- Angle
- Slip angle
- Wash angle
- Speed
- Pace 500m
- Pace 2000m
- Distance
- Distance per stroke
- Calories
- Active time
- Passive time

webasport

OarPowerMeter set

ROWER EXPERT force sensor (oar bending) 1997



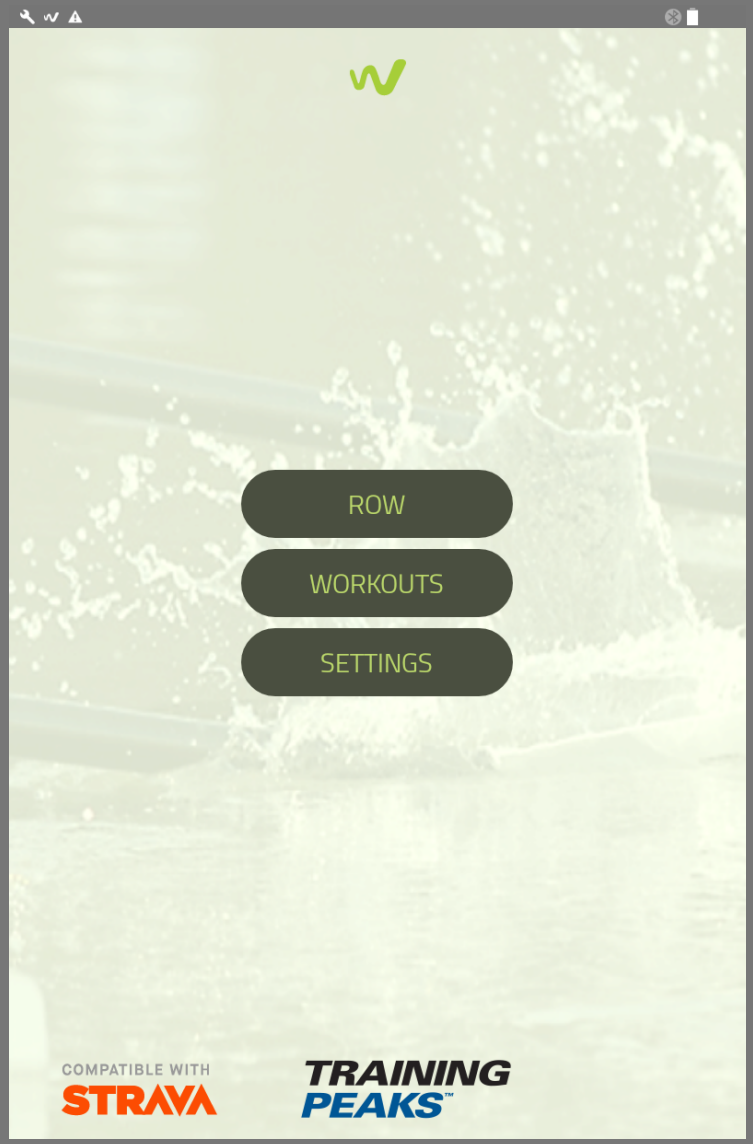


RowX Force sensor

webasport

sensored gate with integrated oar angle sensor

Android APP WebaSportHub



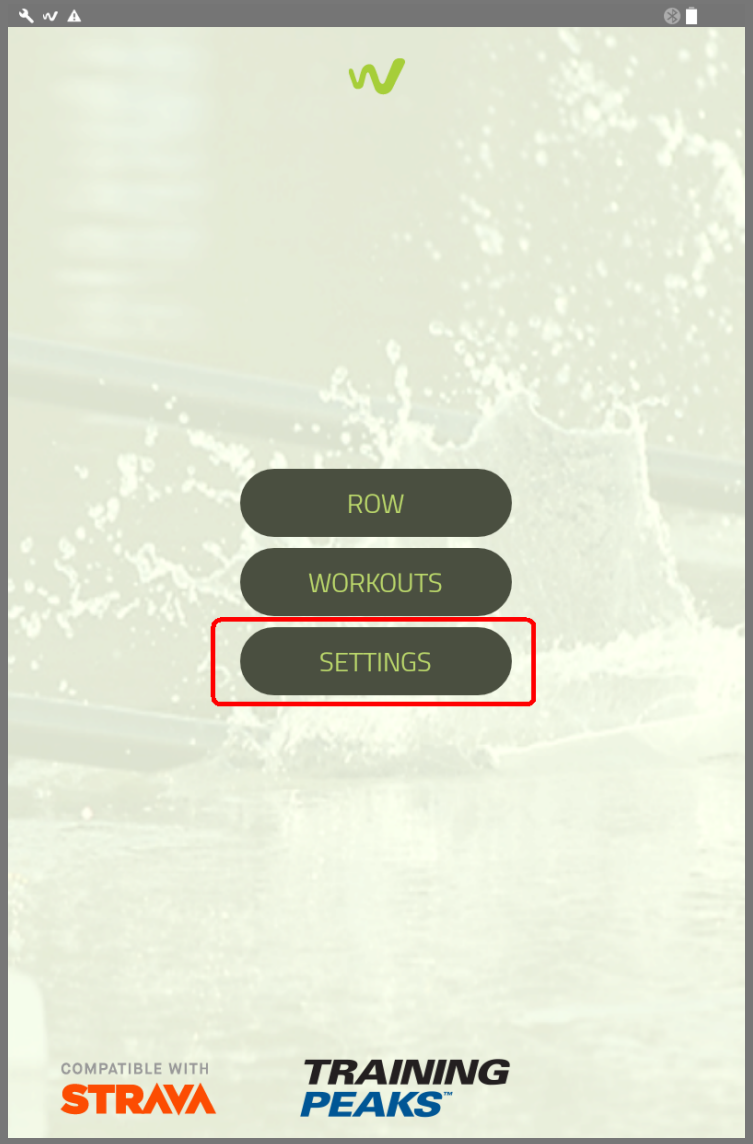
Smart device
Dysplay size
960*540, 4.71inch, 240dpi
min quad core processor, 1GB memory
Android 5 or higher
BLE (Bluetooth Core Specification Version 4.0)

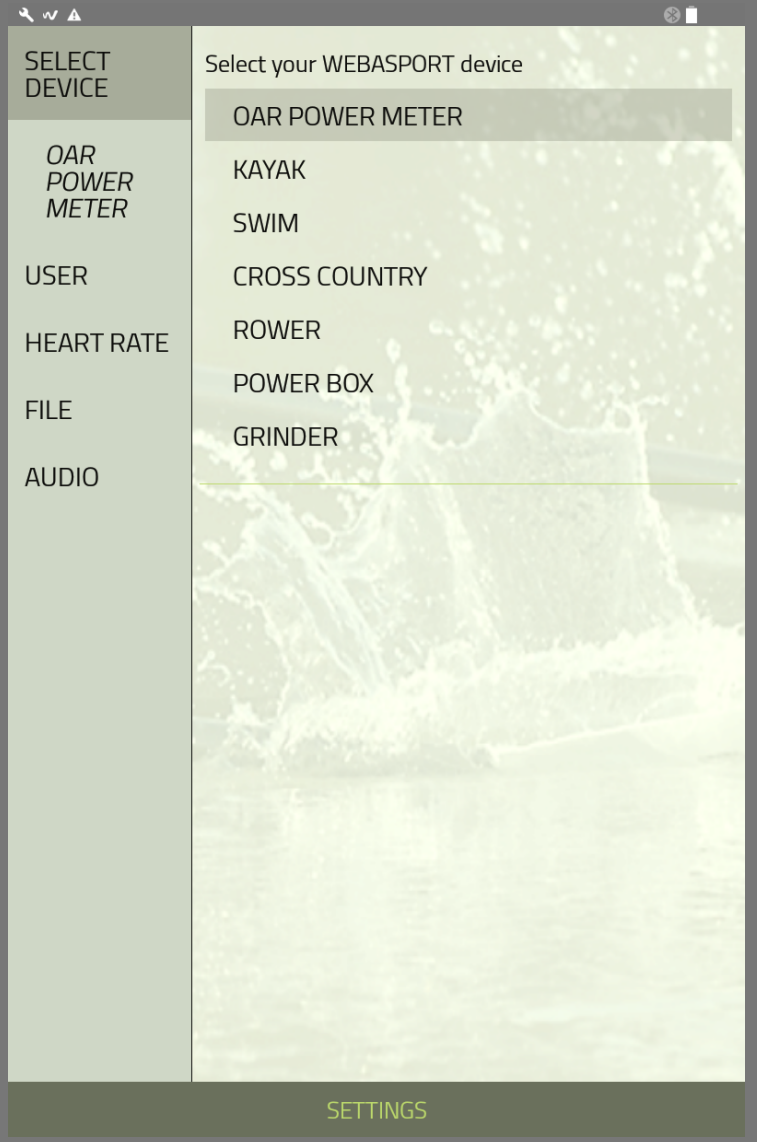
OPM installing

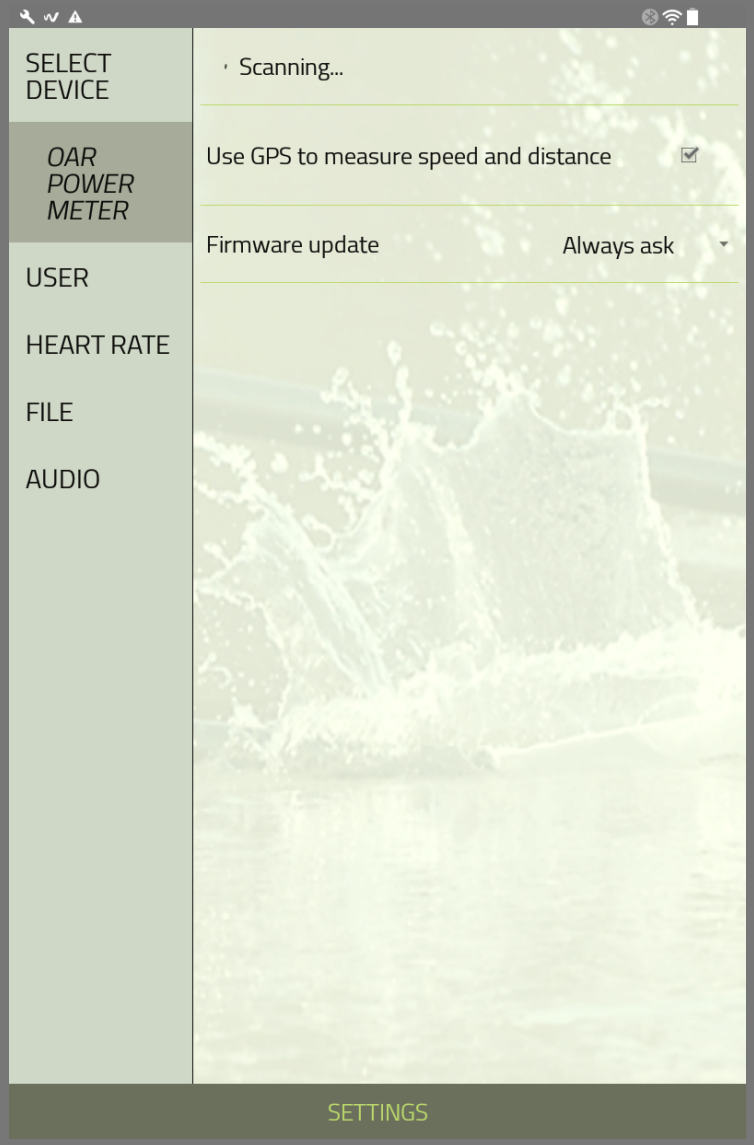
Designed to fit to sweep or scull

Turn on OPM by swiping a magnet over the green mark.

webasport


ROW
WORKOUTS
SETTINGS
COMPATIBLE WITH
STRAVA
TRAINING
PEAKS

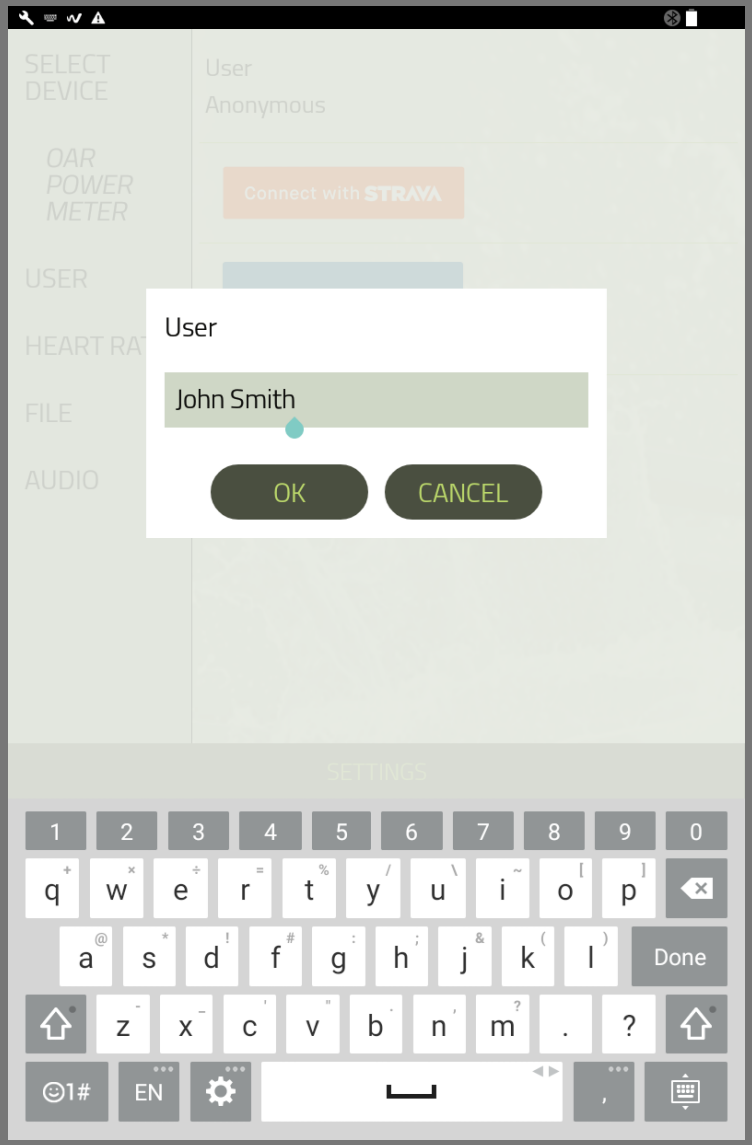

SELECT DEVICE
OAR POWER METER
USER
HEART RATE
FILE
AUDIO
Select your WEBASPORT device
OAR POWER METER
KAYAK
SWIM
CROSS COUNTRY
ROWER
POWER BOX
GRINDER
SETTINGS

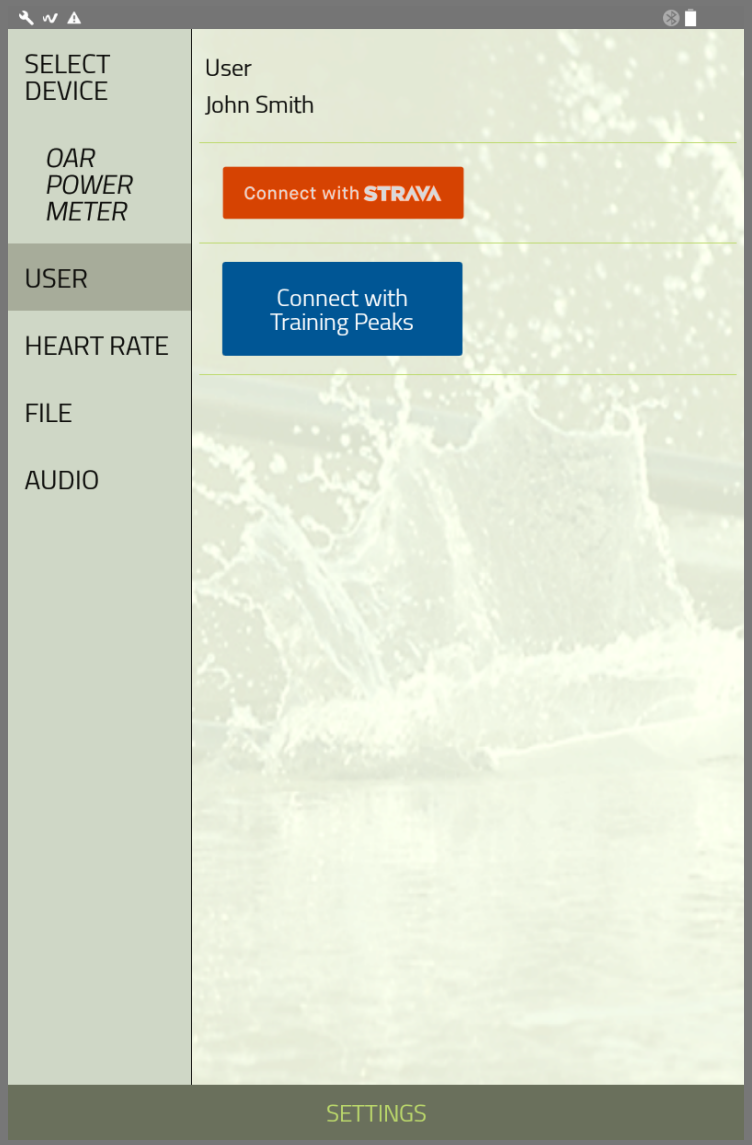


Selecting OPM

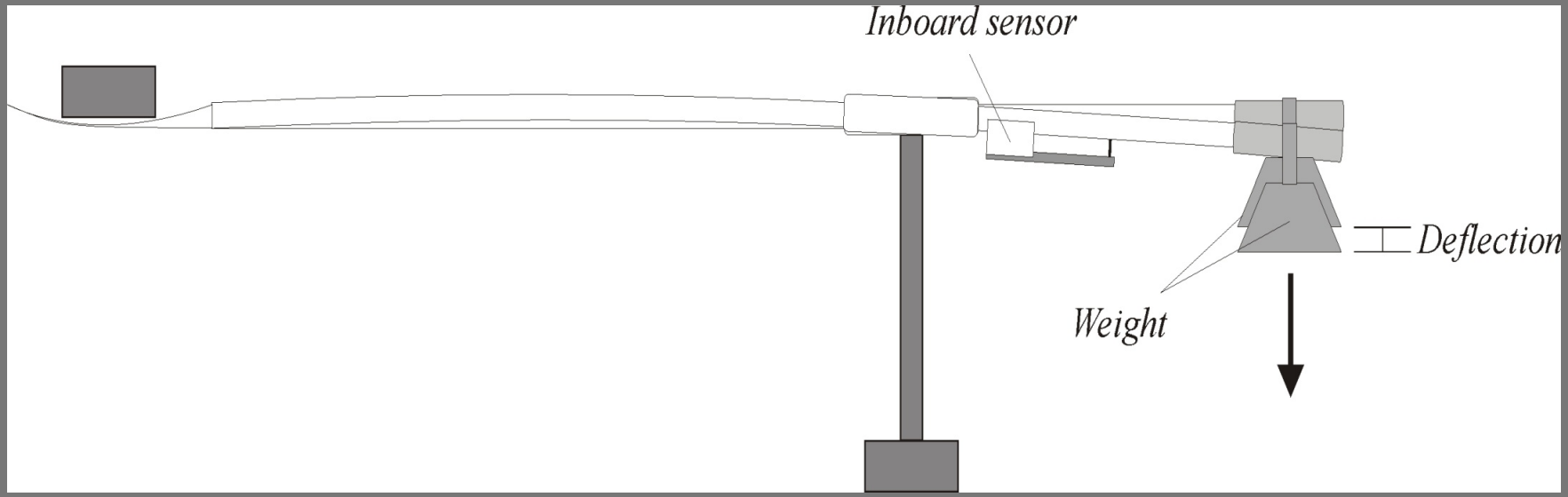
Choose the option "Oar Power Meter" to connect to the nearest Oar Power Meter device.

webasport

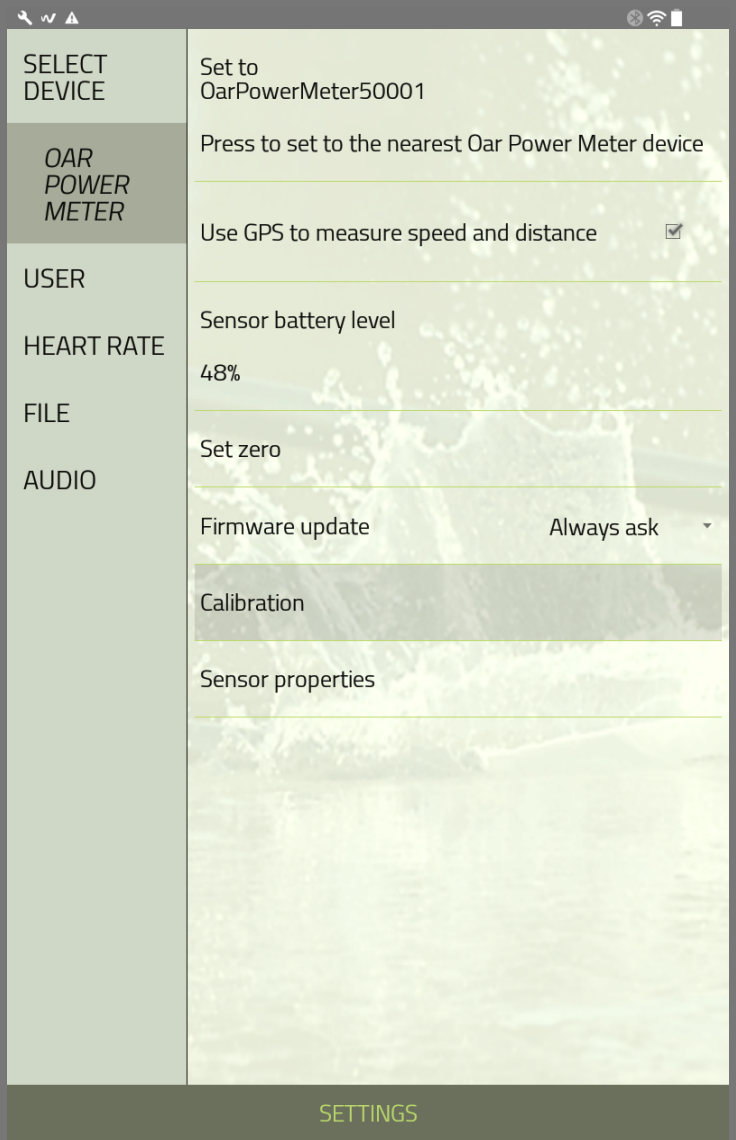

SELECT DEVICE
User
Anonymous
OAR POWER METER
Connect with STRAVA
USER
HEART RATE
FILE
AUDIO
User
John Smith
OK
CANCEL
SETTINGS

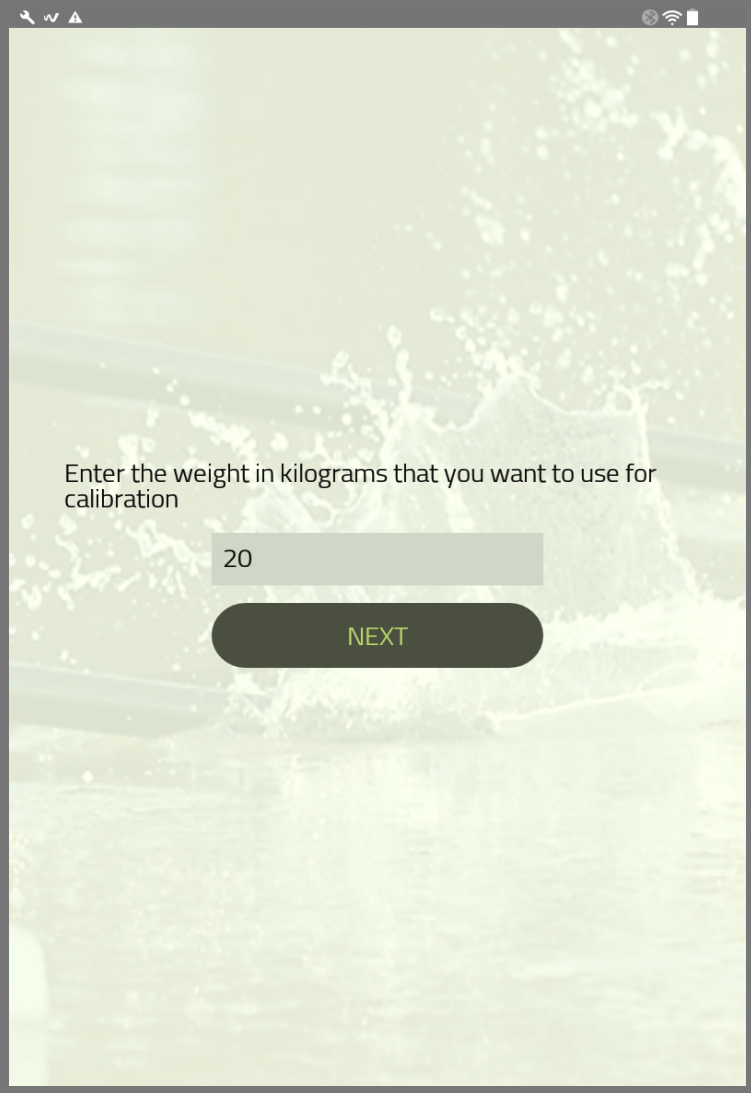

SELECT DEVICE
OAR POWER METER
USER
HEART RATE
FILE
AUDIO
User
John Smith
Connect with STRAVA
Connect with Training Peaks
SETTINGS

Calibration

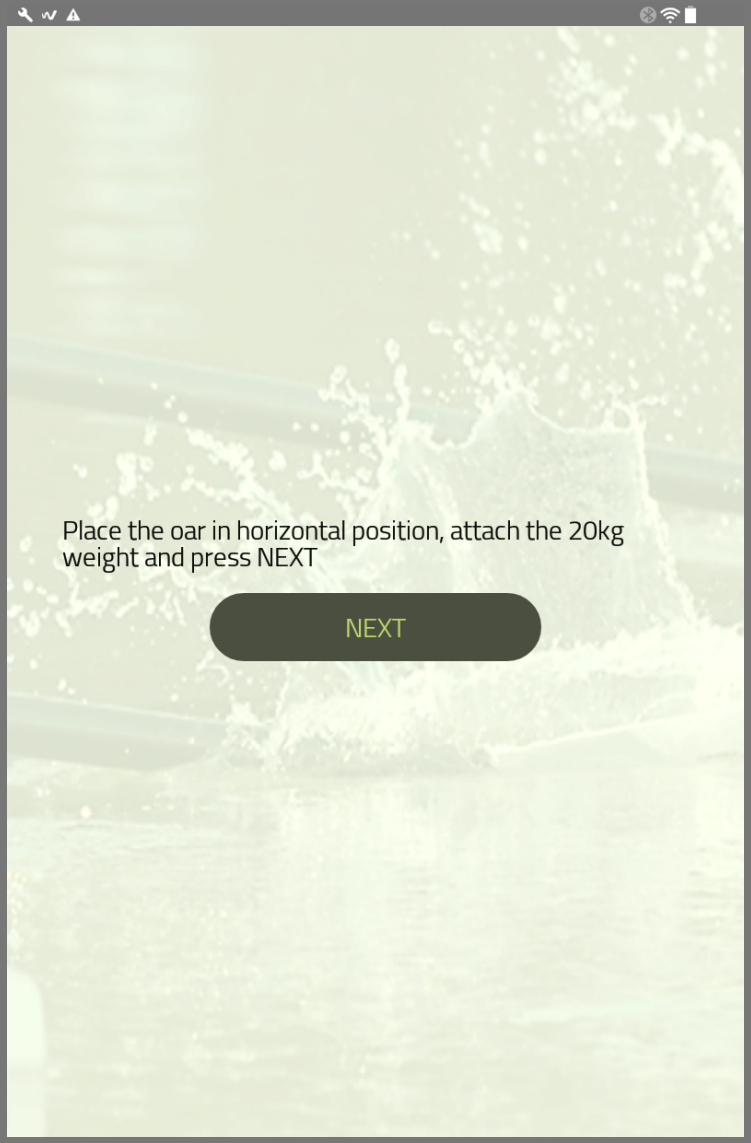


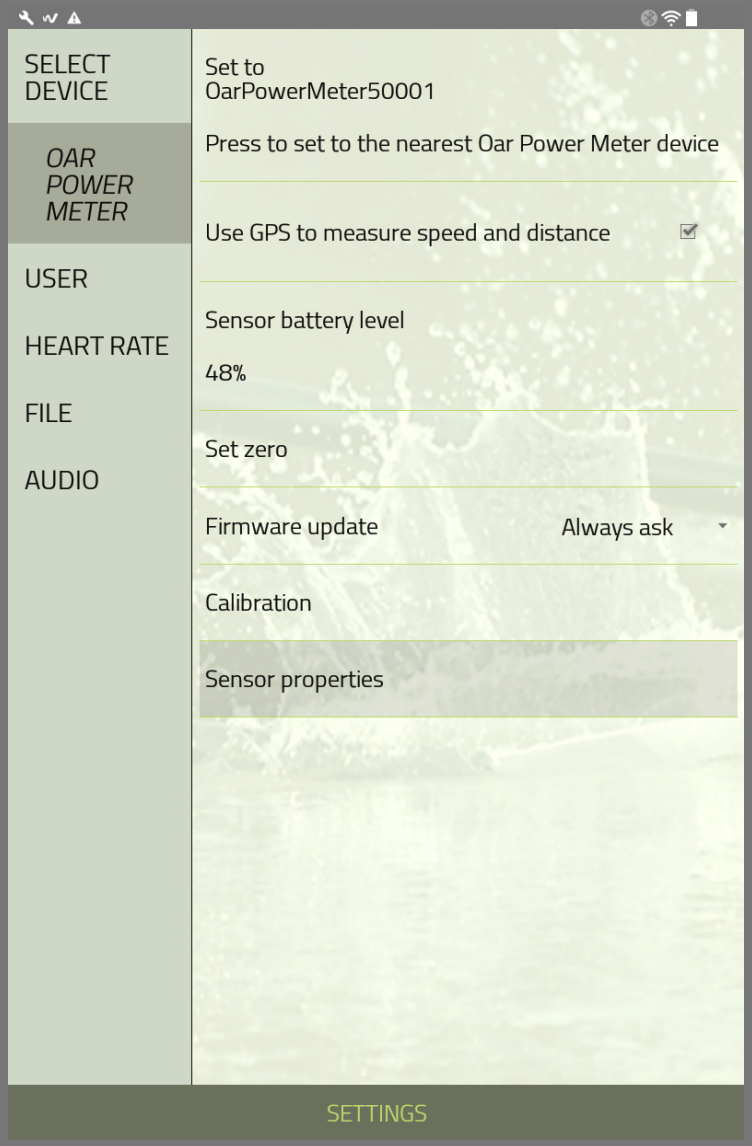
Calibration



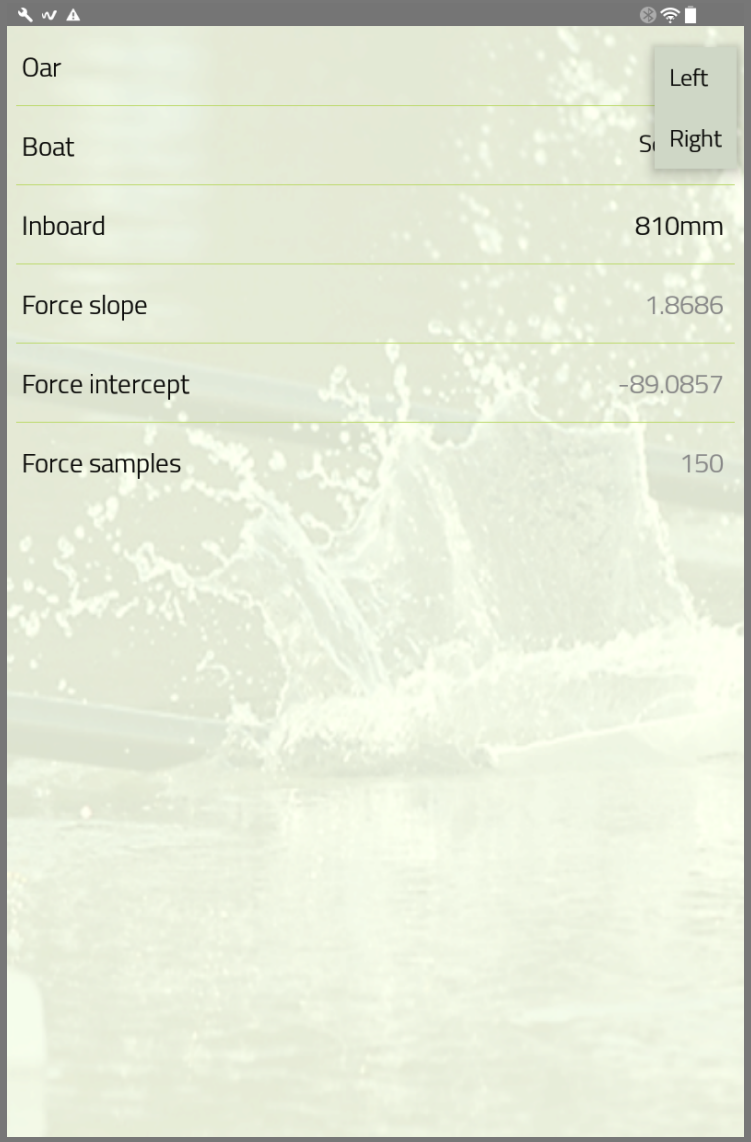


Calibration

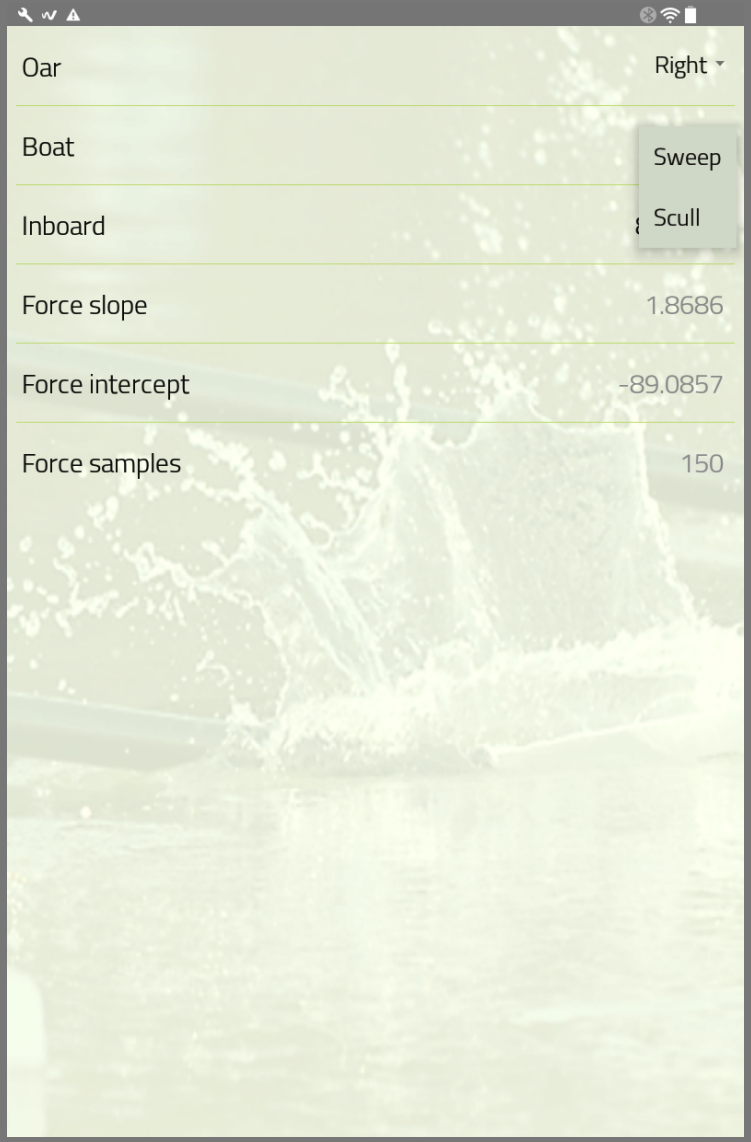


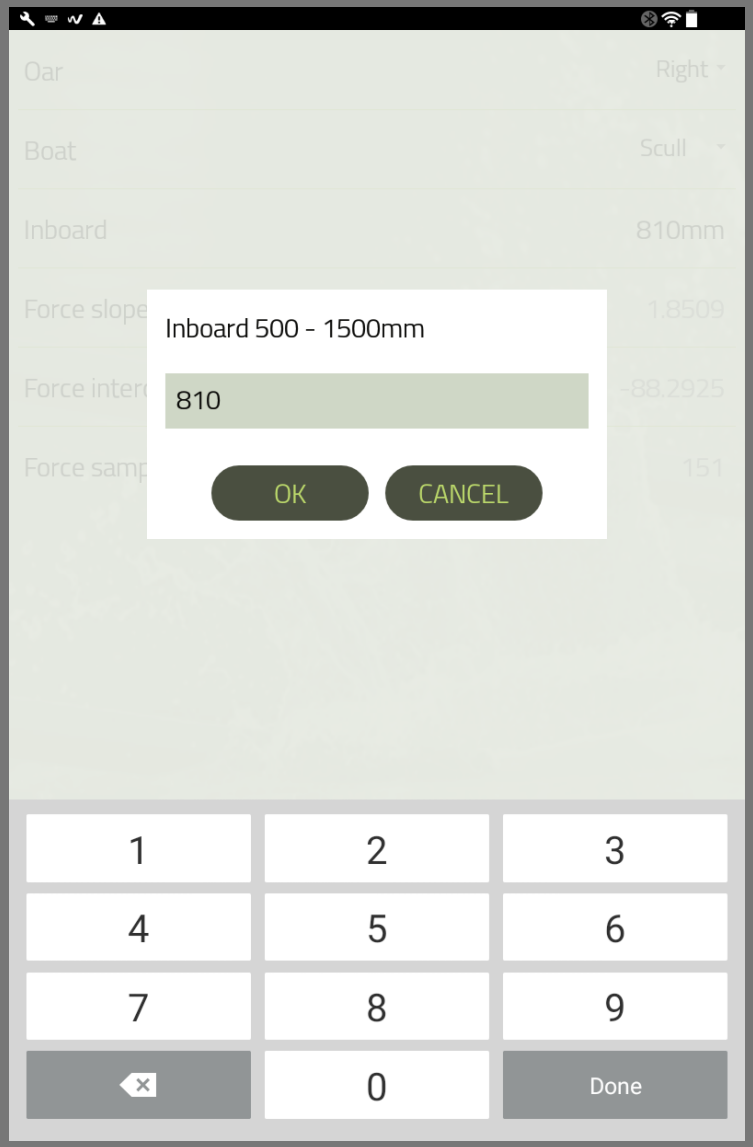

SELECT DEVICE
OAR POWER METER
USER
HEART RATE
FILE
AUDIO
Set to OarPowerMeter50001
Press to set to the nearest Oar Power Meter device
Use GPS to measure speed and distance
Sensor battery level
48%
Set zero
Firmware update
Always ask
Calibration
Sensor properties
SETTINGS

webasport


Oar
Left
Right
Boat
Inboard
810mm
Force slope
1.8686
Force intercept
-89.0857
Force samples
150

webasport

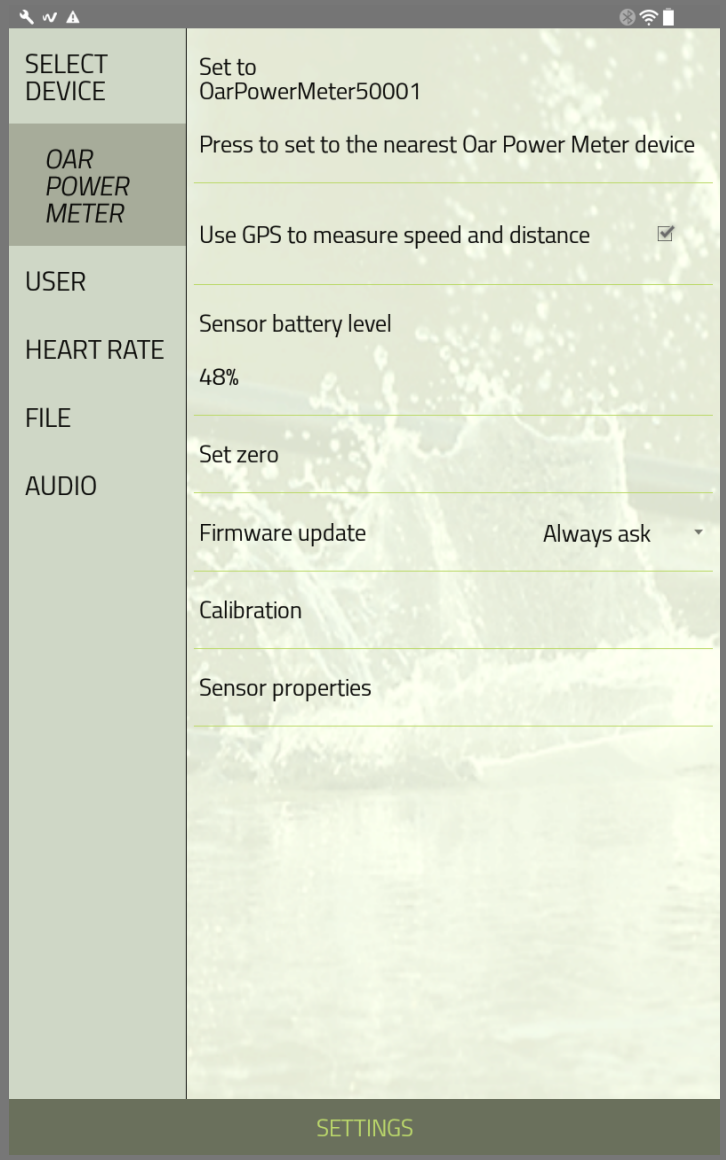

Oar
Right
Boat
Sweep
Scull
Inboard
Force slope
1.8686
Force intercept
-89.0857
Force samples
150



Inboard length

The inboard length is measured as usual; however, the measuring does not end at the end of the handle, but at the point where the calibration weight was attached (about middle of the handle).

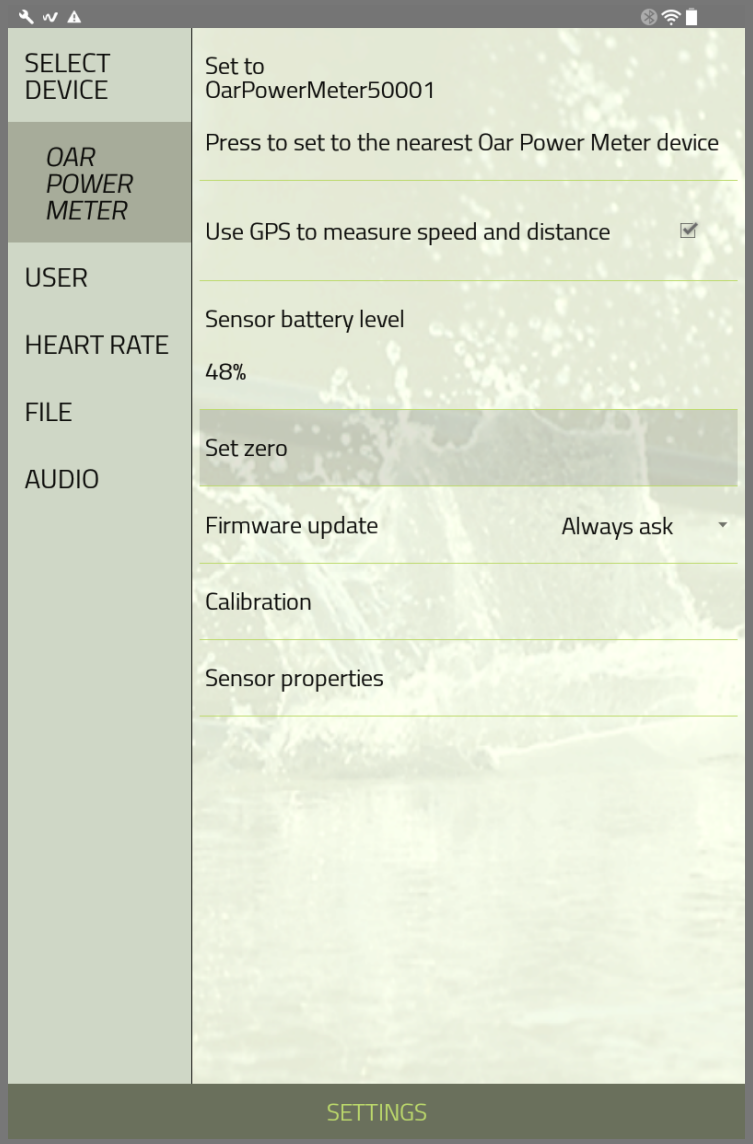
webasport



Check the box to use GPS for speed and distance.

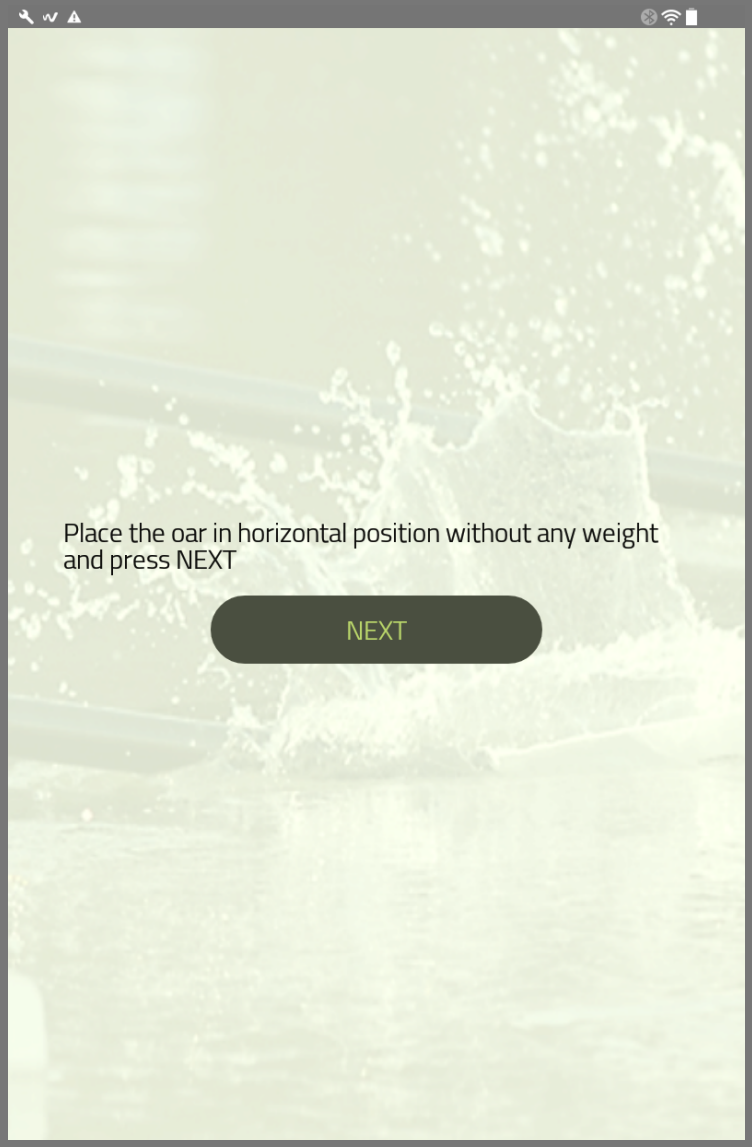
If you check the box, GPS will be used for measuring speed and distance. If not, it will be calculated from the power on the oar expressed in watts, similar to the Concept2 ergometer.

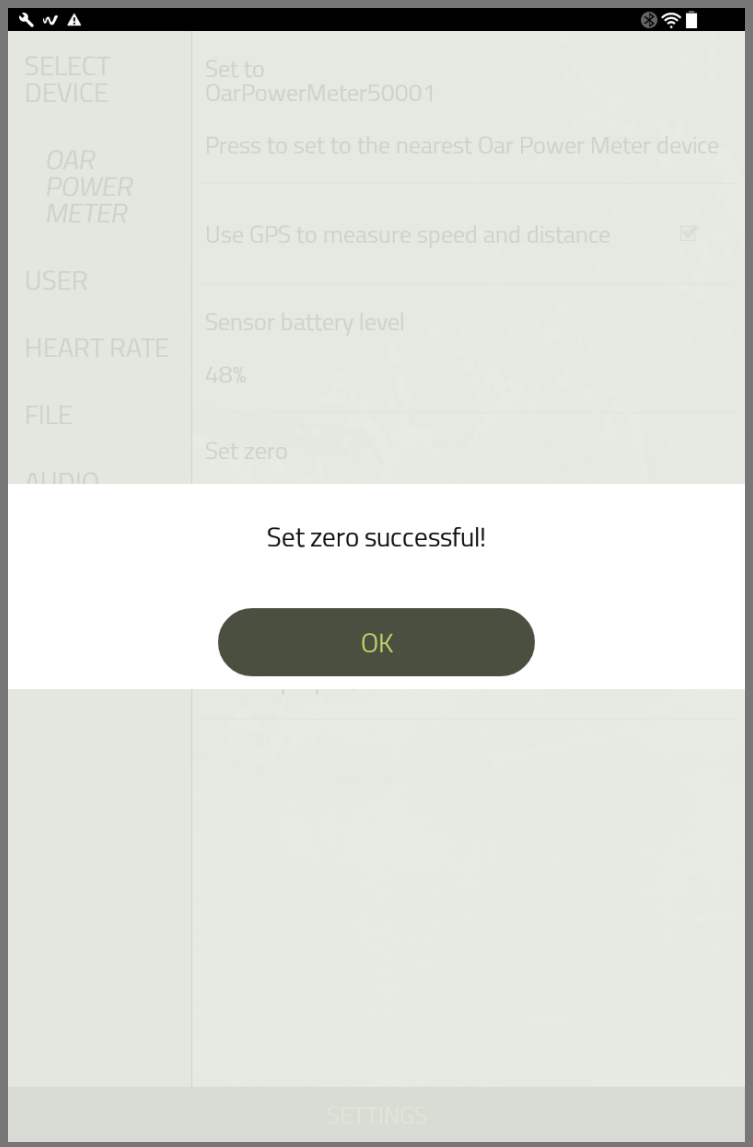
The option Sensor battery level displays the OPM device battery life.



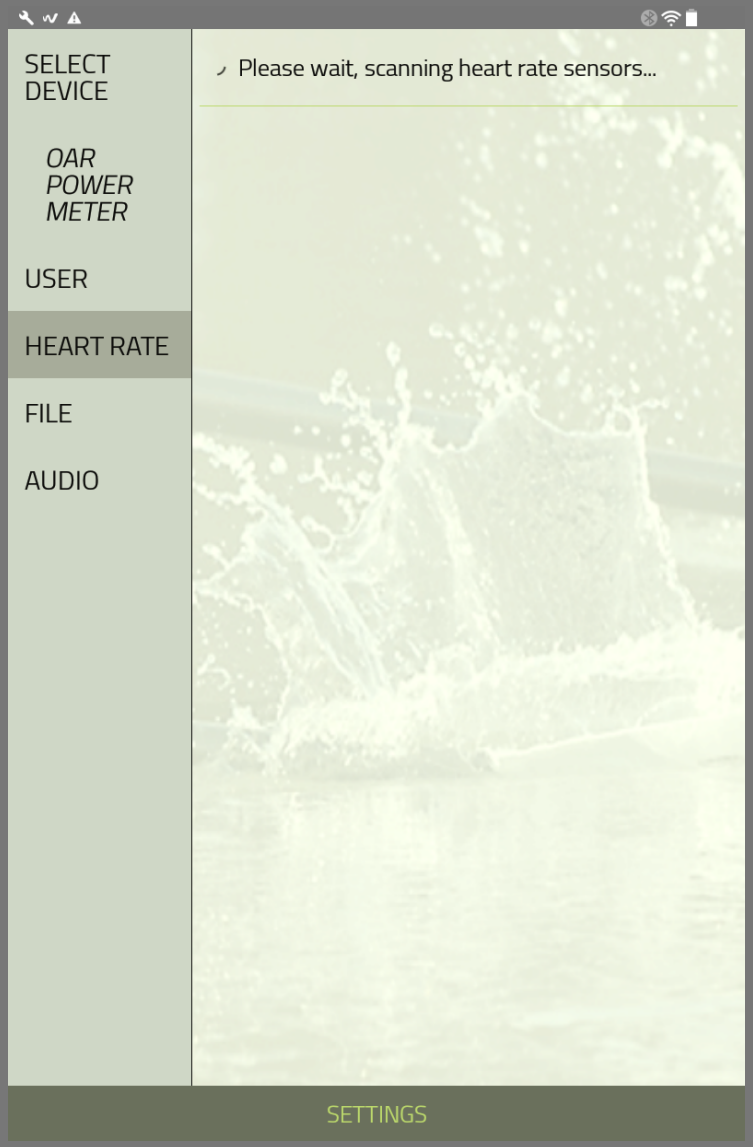
Go to Set zero to initialize the criterion of force.

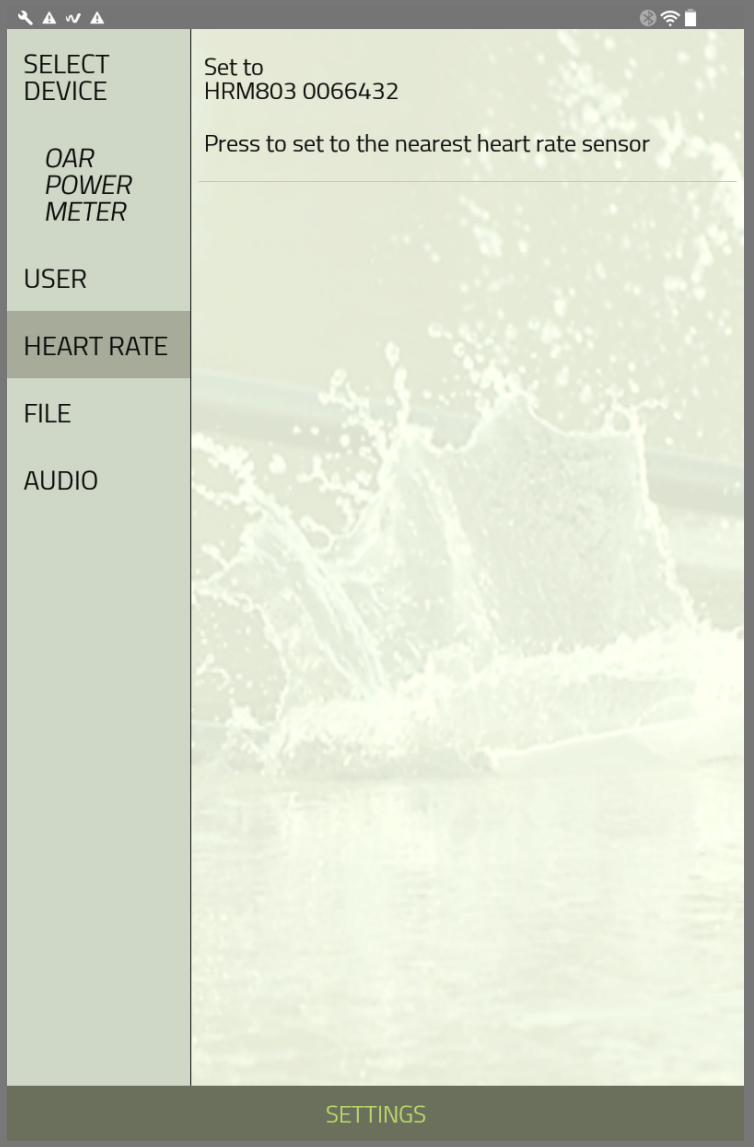
webasport


Place the oar in horizontal position without any weight and press NEXT
NEXT

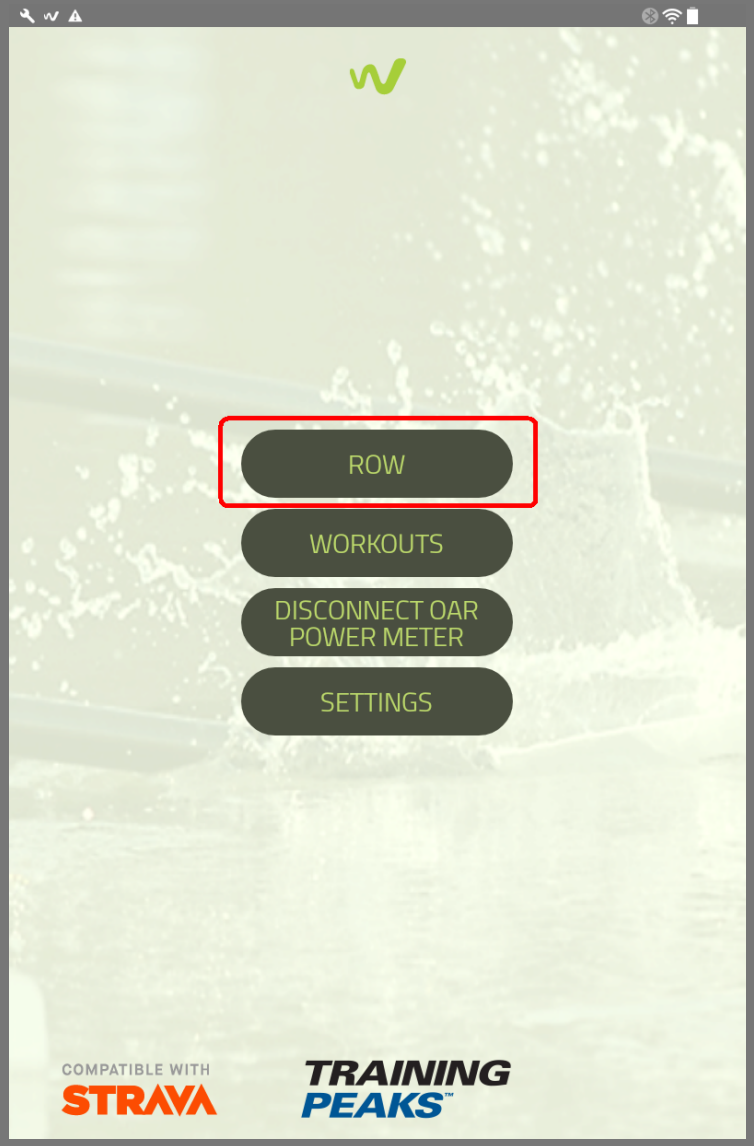

SELECT DEVICE
Set to OarPowerMeter50001
OAR POWER METER
Press to set to the nearest Oar Power Meter device
Use GPS to measure speed and distance
USER
HEART RATE
Sensor battery level
48%
FILE
Set zero
Set zero successful!
OK
SETTINGS

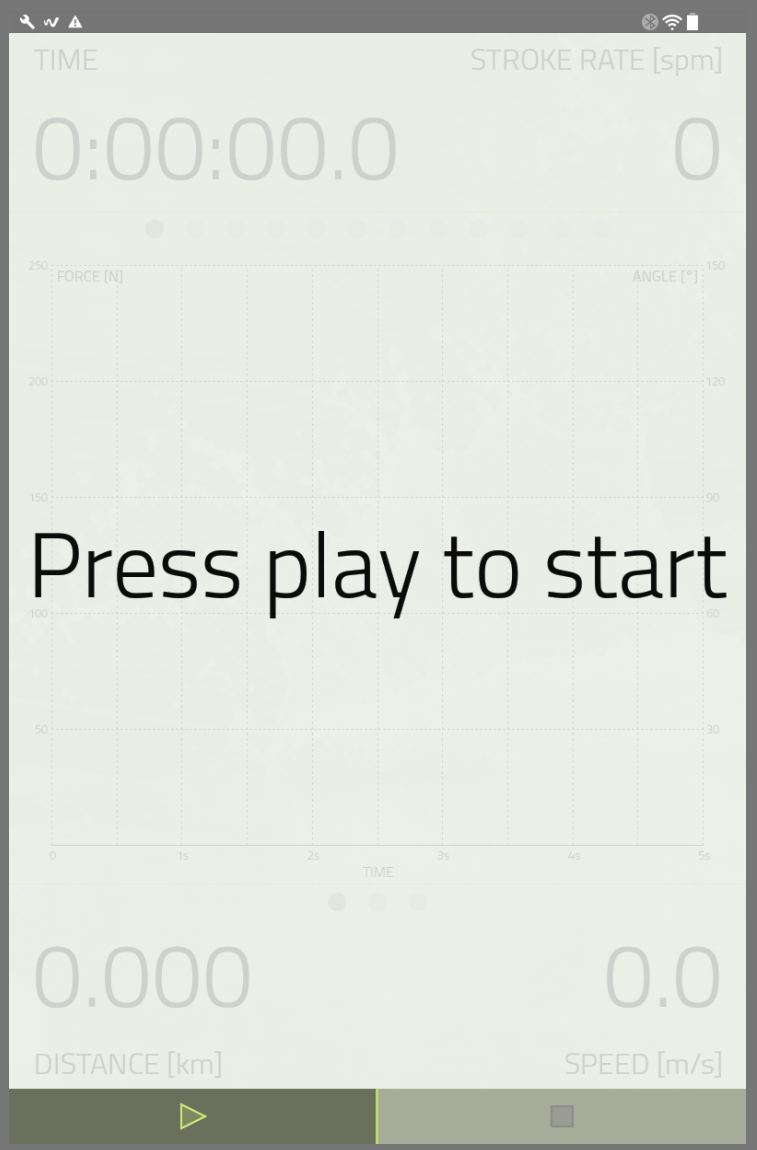
Click on the option Heart rate to connect the OPM with the heart rate sensor. The chest belt has to be Bluetooth compatible in order to connect directly to the Android device (tablet or phone).



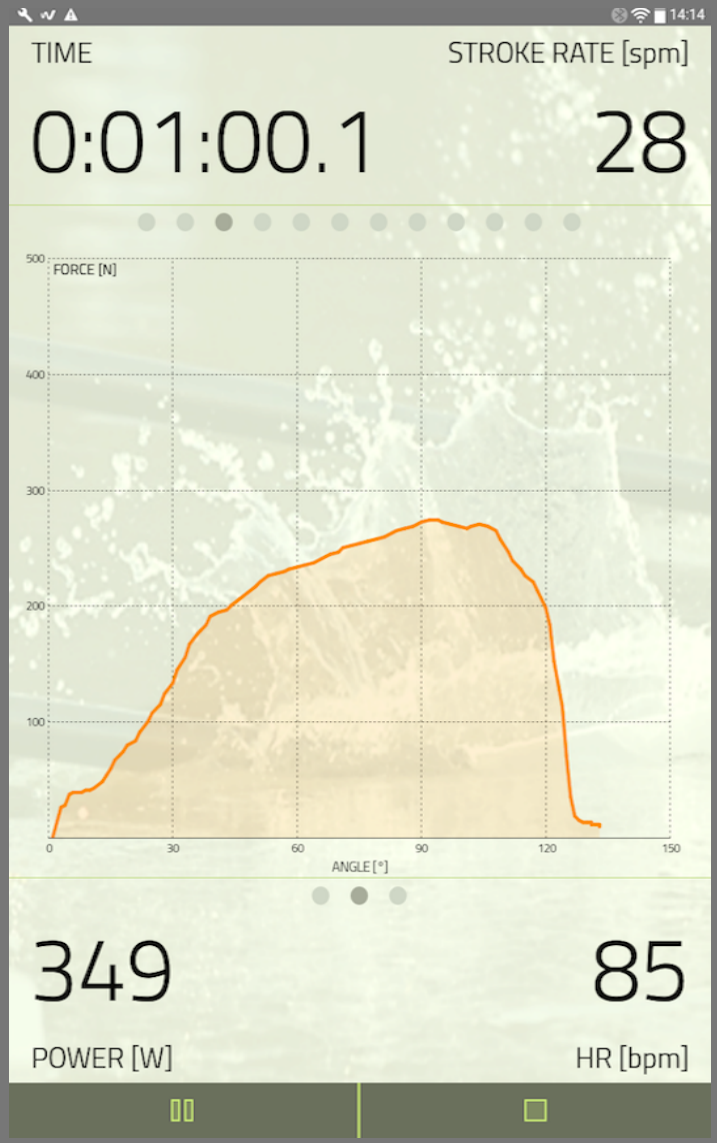


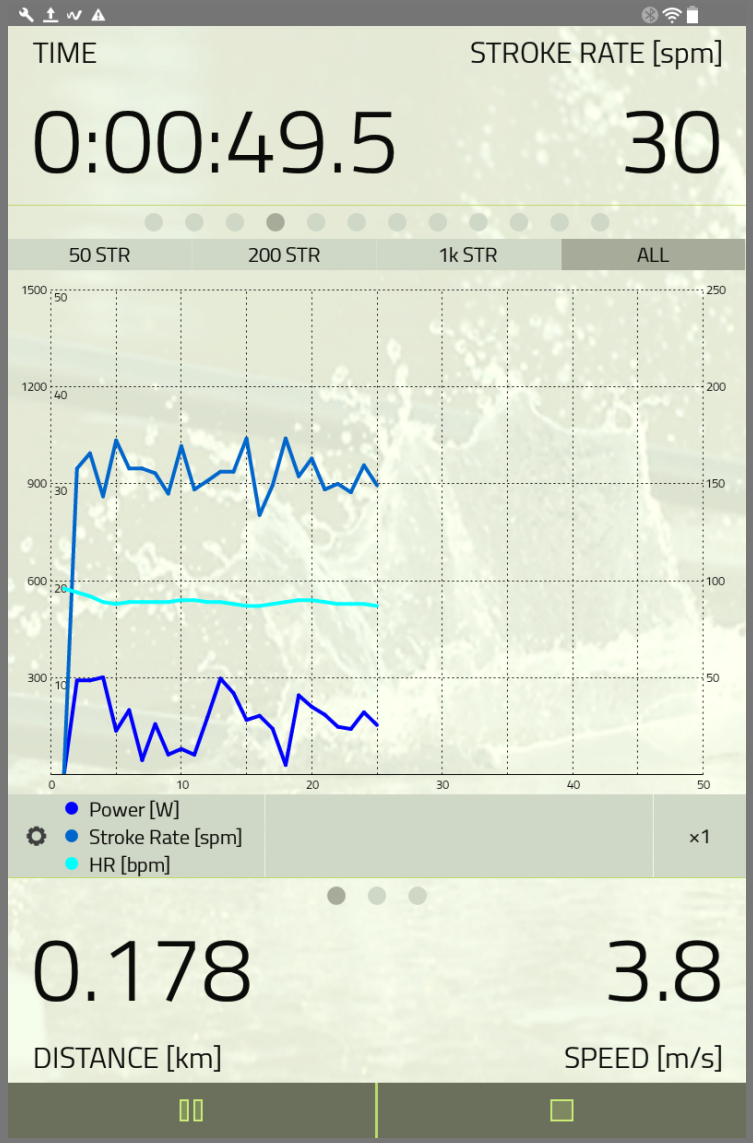
webasport


ROW
WORKOUTS
DISCONNECT OAR
POWER METER
SETTINGS
COMPATIBLE WITH
STRAVA
TRAINING
PEAKS


TIME
STROKE RATE [spm]
0:00:00.0
0
FORCE [N]
ANGLE [°]
Press play to start
TIME
0.000
0.0
DISTANCE [km]
SPEED [m/s]

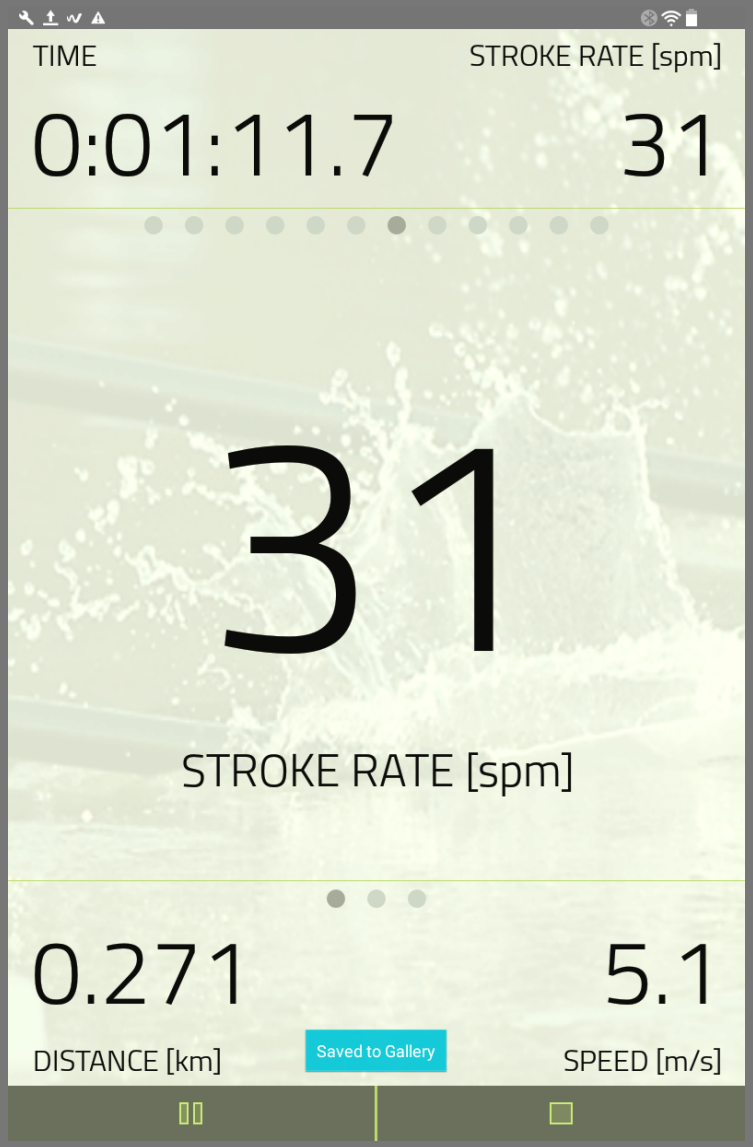
webasport


14:14
TIME
STROKE RATE [spm]
0:01:00.1
28
FORCE [N]
500
400
300
200
100
0
30
60
90
120
150
ANGLE [°]
349
85
POWER [W]
HR [bpm]


TIME
STROKE RATE [spm]
0:00:49.5
30
50 STR
200 STR
1k STR
ALL
1500
1200
900
600
300
50
40
30
20
10
250
200
150
100
50
0
10
20
30
40
50
Power [W]
Stroke Rate [spm]
HR [bpm]
×1
0.178
3.8
DISTANCE [km]
SPEED [m/s]

webasport

TIME
STROKE RATE [spm]
0:01:05.4
32
0.244
DISTANCE [km]
0.244
4.0
DISTANCE [km]
SPEED [m/s]
Saved to Gallery

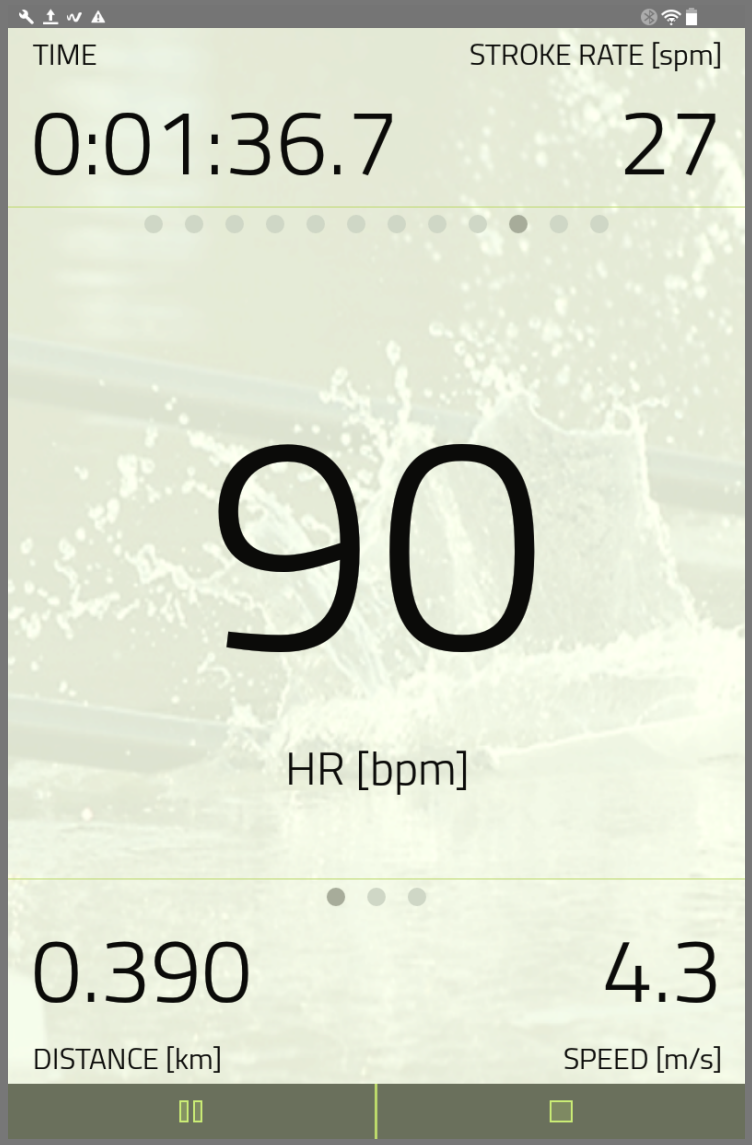

TIME
STROKE RATE [spm]
0:01:11.7
31
31
STROKE RATE [spm]
0.271
5.1
DISTANCE [km]
Saved to Gallery
SPEED [m/s]

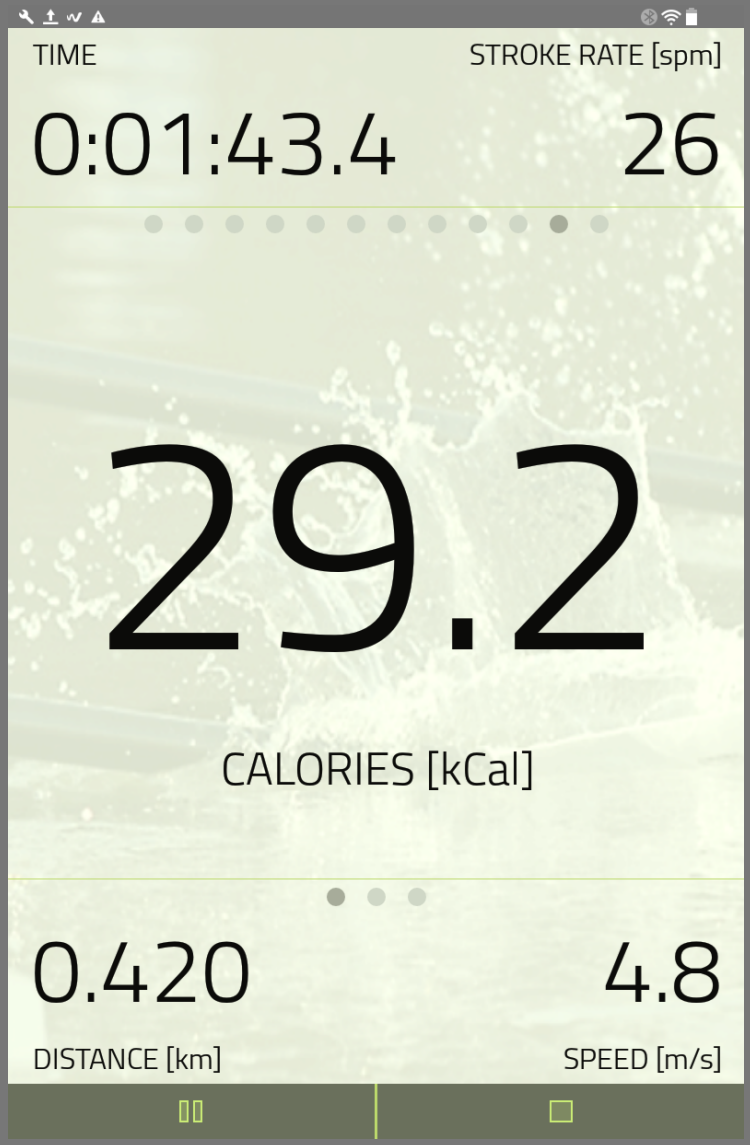
webasport

TIME
STROKE RATE [spm]
0:01:18.7
29
335
POWER [W]
0.303
4.9
DISTANCE [km]
SPEED [m/s]

TIME
STROKE RATE [spm]
0:01:26.2
29
113
ANGLE [°]
0.342
5.1
DISTANCE [km]
SPEED [m/s]

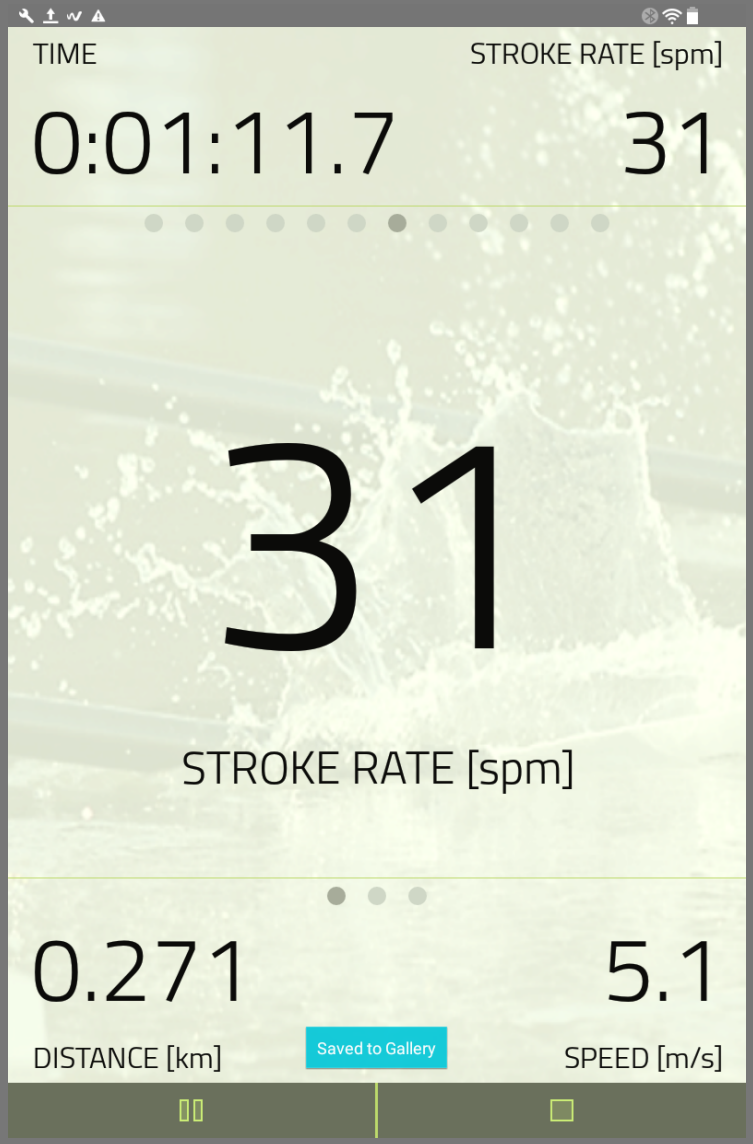
webasport


TIME
STROKE RATE [spm]
0:01:36.7
27
90
HR [bpm]
0.390
4.3
DISTANCE [km]
SPEED [m/s]


TIME
STROKE RATE [spm]
0:01:43.4
26
29.2
CALORIES [kCal]
0.420
4.8
DISTANCE [km]
SPEED [m/s]

webasport

TIME
STROKE RATE [spm]
0:01:05.4
32
0.244
DISTANCE [km]
0.244
4.0
DISTANCE [km]
SPEED [m/s]
Saved to Gallery


TIME
STROKE RATE [spm]
0:01:11.7
31
31
STROKE RATE [spm]
0.271
5.1
DISTANCE [km]
Saved to Gallery
SPEED [m/s]

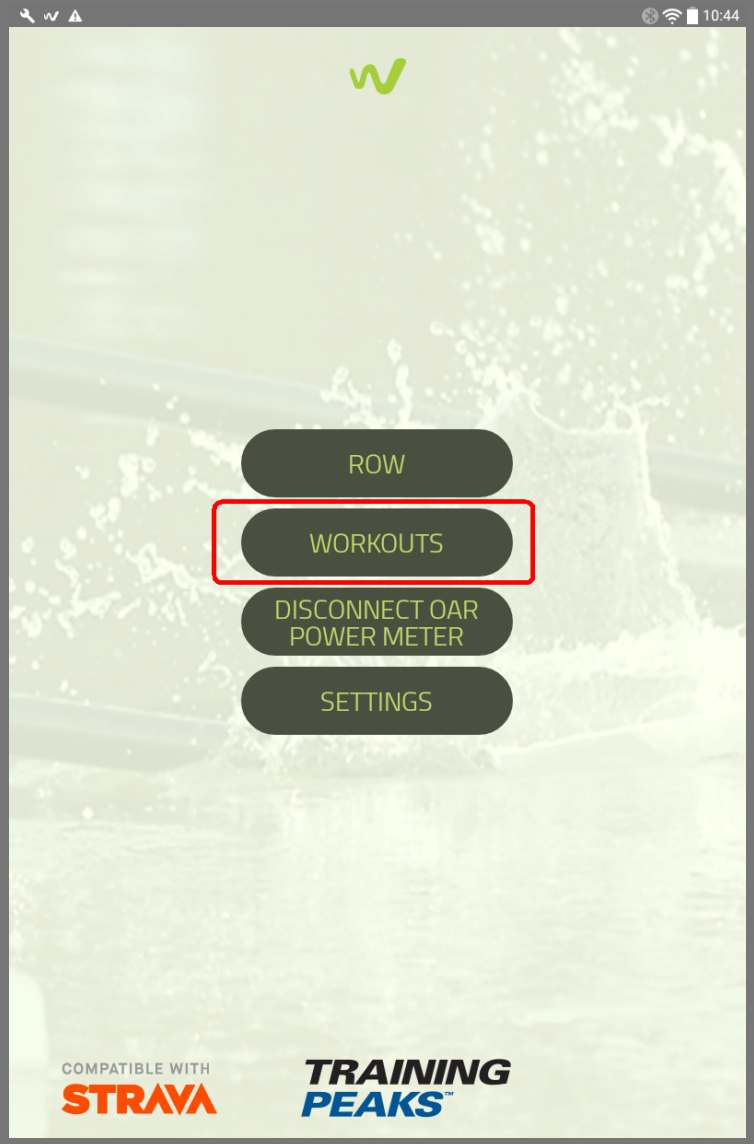
webasport

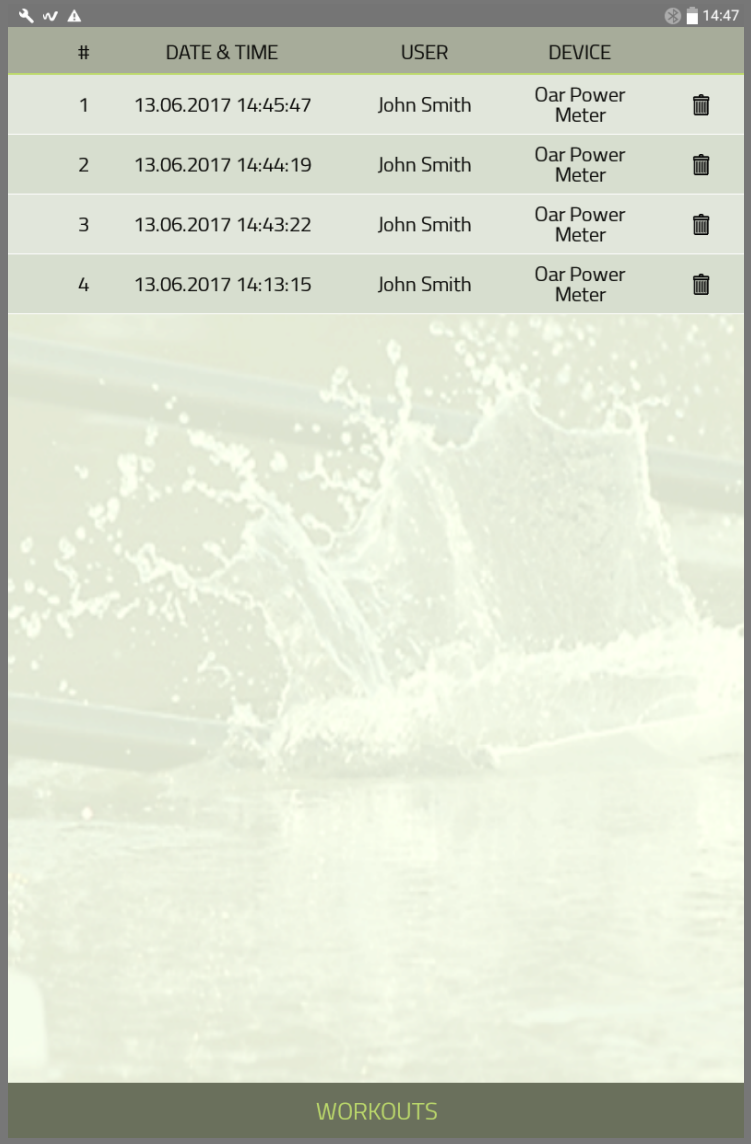
13:37
TIME
STROKE RATE [spm]
0:02:58.6
14
92
ANGLE [°]
9
21
SLIP [°]
Saved to Gallery
WASH [°]

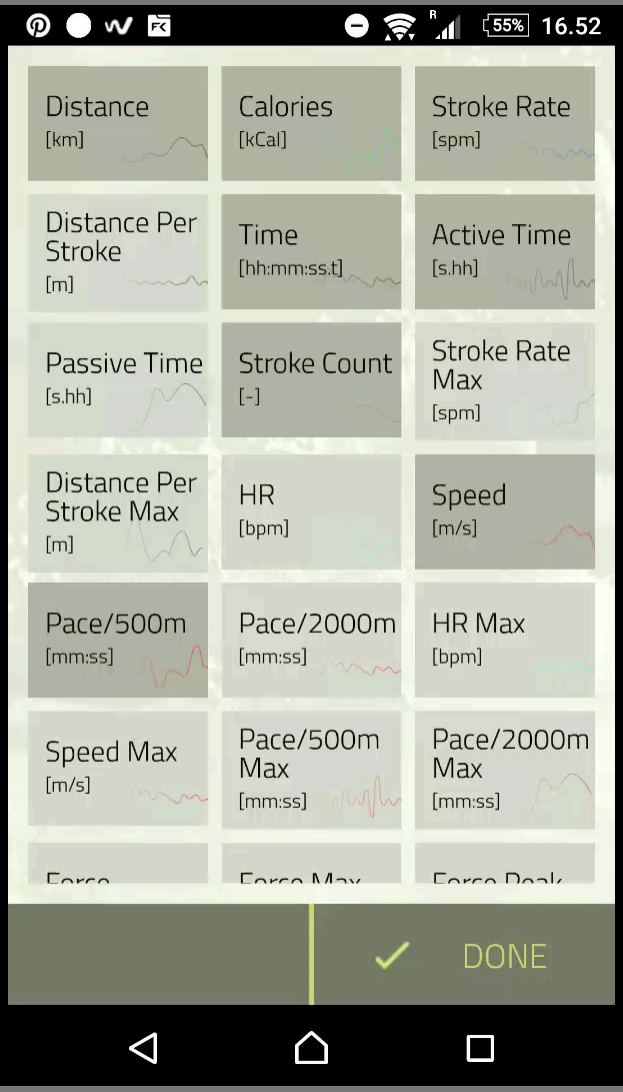
webasport

Workout summary

webasport


10:44
ROW
WORKOUTS
DISCONNECT OAR POWER METER
SETTINGS
COMPATIBLE WITH
STRAVA
TRAINING PEAKS


14:47
DATE & TIME USER DEVICE
1 13.06.2017 14:45:47 John Smith Oar Power Meter
2 13.06.2017 14:44:19 John Smith Oar Power Meter
3 13.06.2017 14:43:22 John Smith Oar Power Meter
4 13.06.2017 14:13:15 John Smith Oar Power Meter
WORKOUTS


55%
16.52
Distance
[km]
Calories
[kCal]
Stroke Rate
[spm]
Distance Per Stroke
[m]
Time
[hh:mm:ss.t]
Active Time
[s.hh]
Passive Time
[s.hh]
Stroke Count
[-]
Stroke Rate Max
[spm]
Distance Per Stroke Max
[m]
HR
[bpm]
Speed
[m/s]
Pace/500m
[mm:ss]
Pace/2000m
[mm:ss]
HR Max
[bpm]
Speed Max
[m/s]
Pace/500m Max
[mm:ss]
Pace/2000m Max
[mm:ss]
DONE

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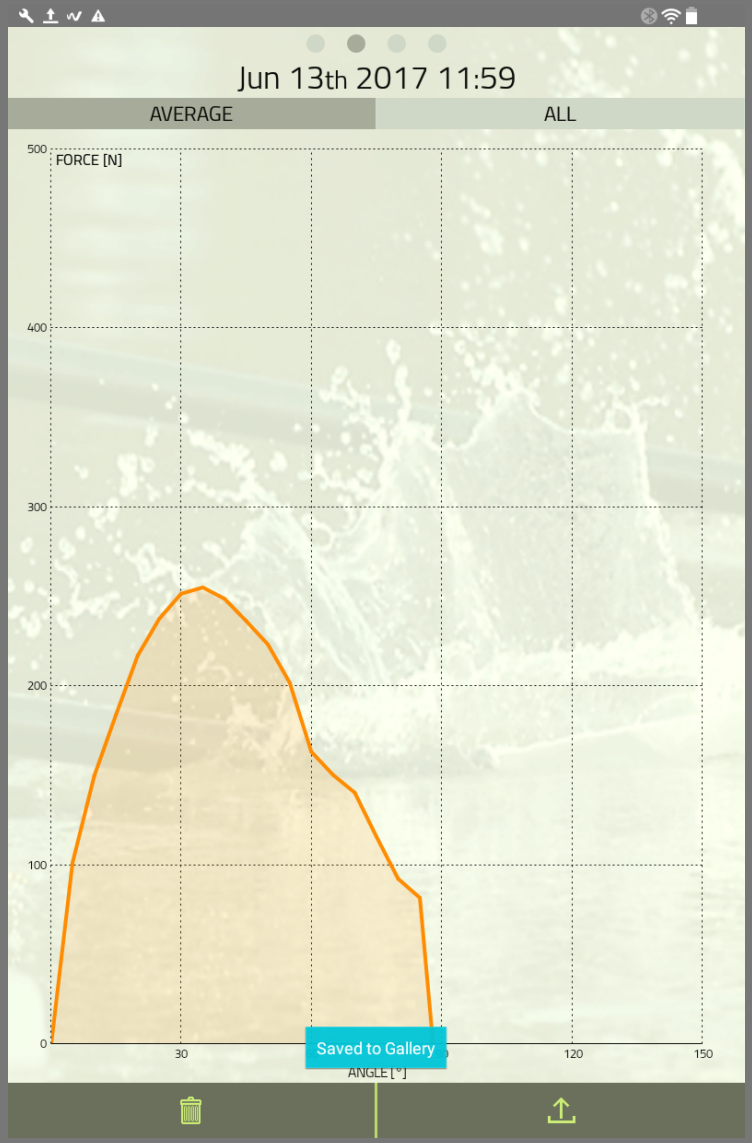
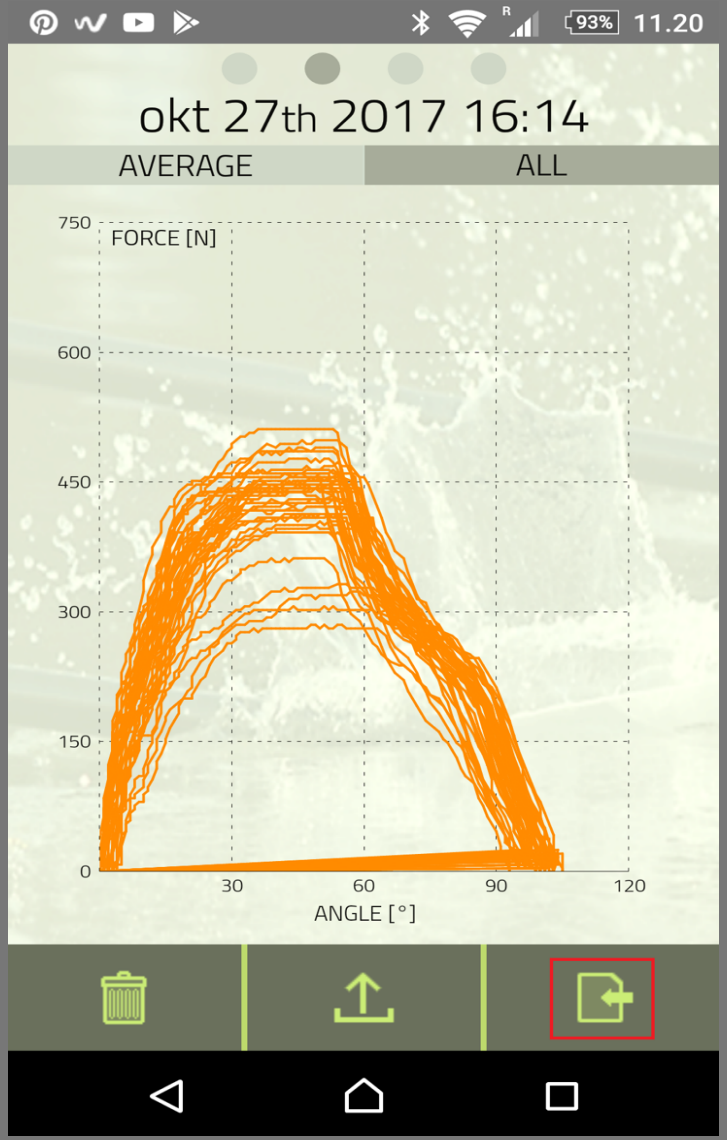
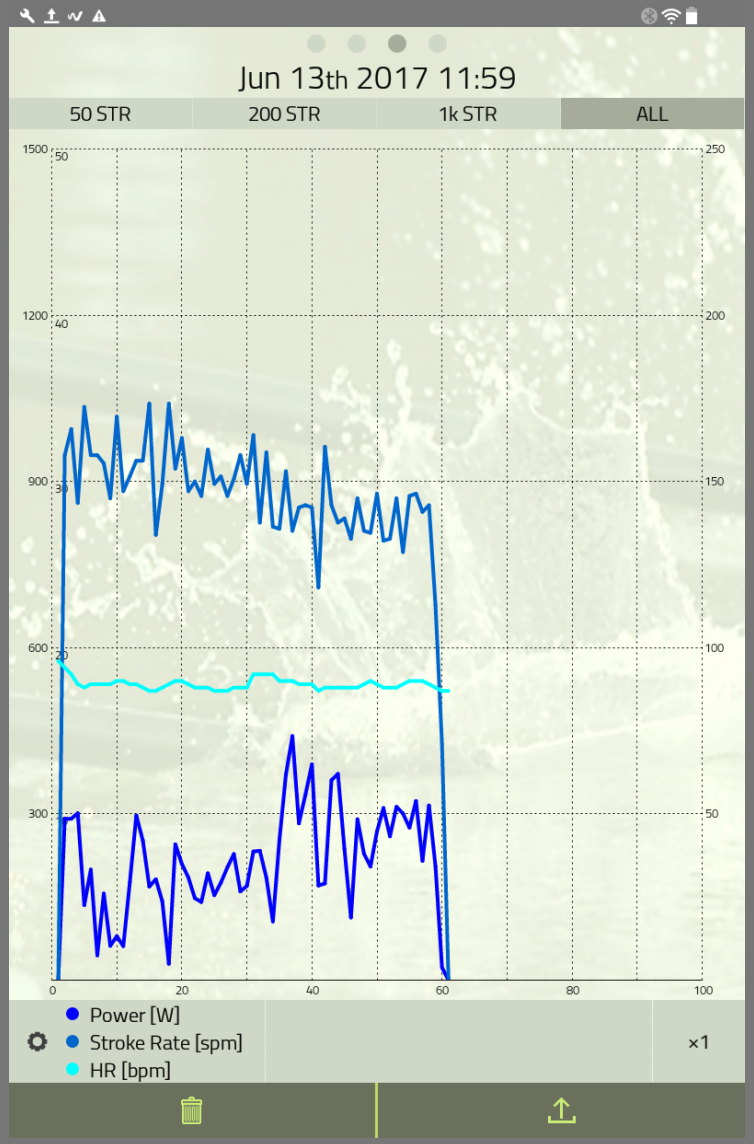
Workout summary

webasport

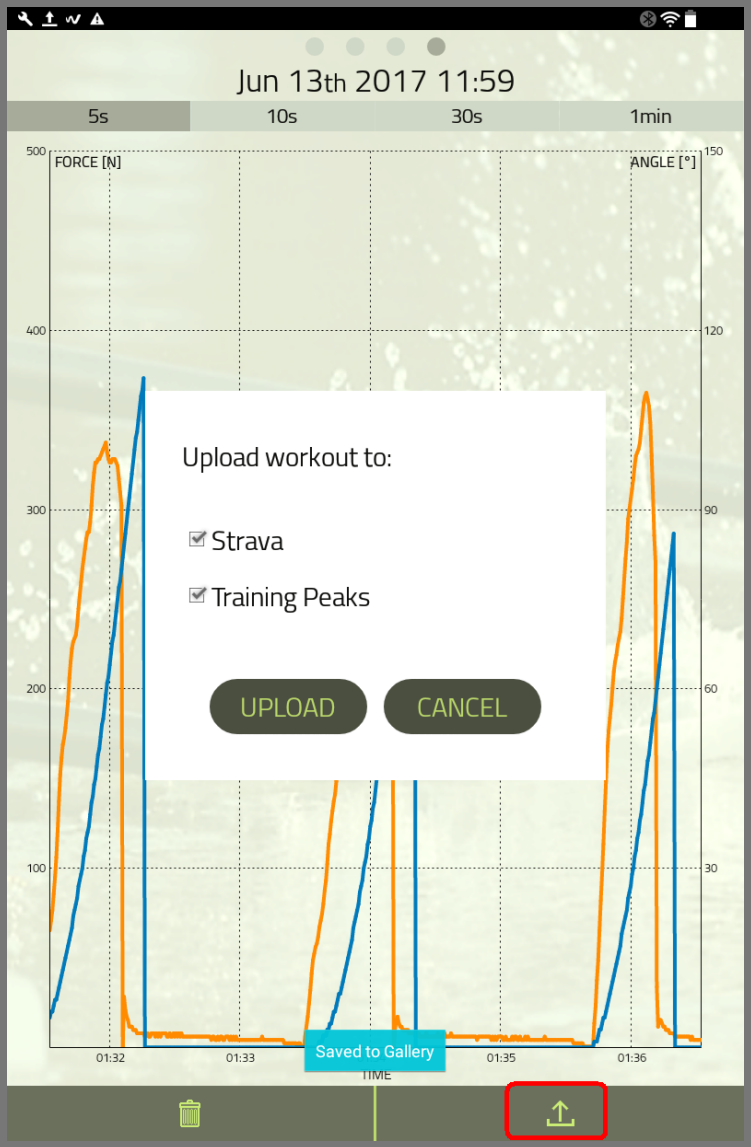

Jun 13th 2017 11:59
AVERAGE
ALL
FORCE [N]
500
400
300
200
100
0
30
120
150
ANGLE [°]
Saved to Gallery


93%
11.20
okt 27th 2017 16:14
AVERAGE
ALL
FORCE [N]
750
600
450
300
150
0
30
60
90
120
ANGLE [°]

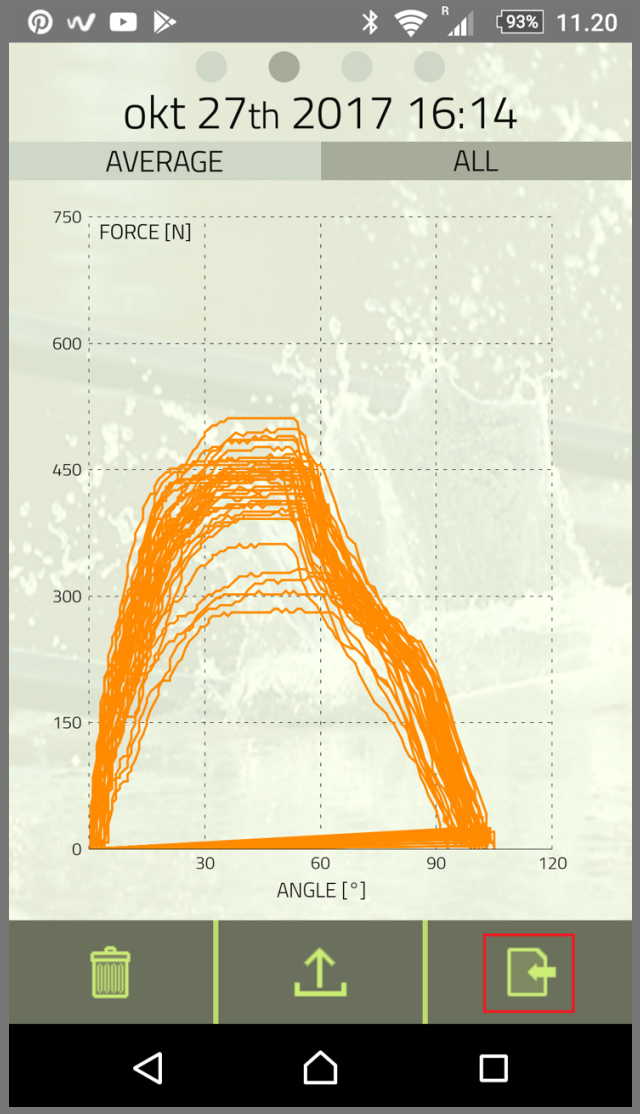
webasport

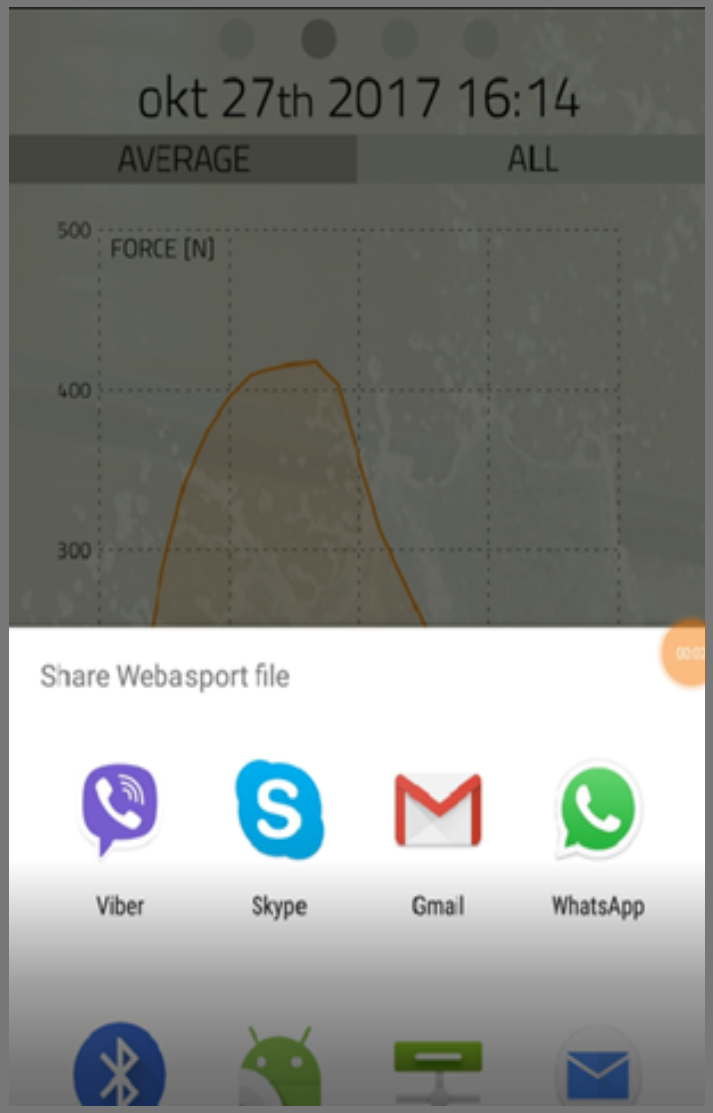

Jun 13th 2017 11:59
50 STR
200 STR
1k STR
ALL
1500
1200
900
600
300
50
40
30
20
250
200
150
100
50
0
20
40
60
80
100
Power [W]
Stroke Rate [spm]
HR [bpm]
×1

webasport


Jun 13th 2017 11:59
5s
10s
30s
1min
FORCE [N]
ANGLE [°]
500
400
300
200
100
150
120
90
60
30
Upload workout to:
Strava
Training Peaks
UPLOAD
CANCEL
01:32
01:33
01:35
01:36
TIME
Saved to Gallery

webasport


93% 11.20
okt 27th 2017 16:14
AVERAGE
ALL
FORCE [N]
750
600
450
300
150
0
30
60
90
120
ANGLE [°]


okt 27th 2017 16:14
AVERAGE
ALL
FORCE [N]
500
400
300
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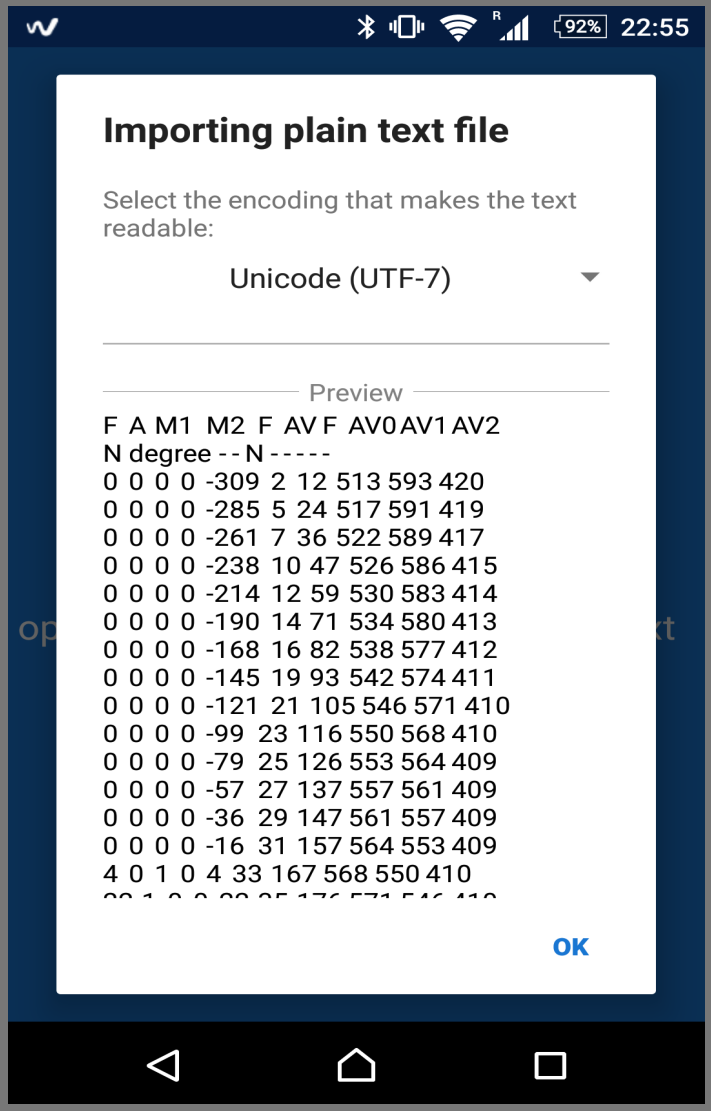
webasport


92%
22:55
Importing plain text file
Select the encoding that makes the text readable:
Unicode (UTF-7)
Preview
F A M1 M2 F AV F AV0 AV1 AV2
N degree - - N - - - - -
0 0 0 0 -309 2 12 513 593 420
0 0 0 0 -285 5 24 517 591 419
0 0 0 0 -261 7 36 522 589 417
0 0 0 0 -238 10 47 526 586 415
0 0 0 0 -214 12 59 530 583 414
0 0 0 0 -190 14 71 534 580 413
0 0 0 0 -168 16 82 538 577 412
0 0 0 0 -145 19 93 542 574 411
0 0 0 0 -121 21 105 546 571 410
0 0 0 0 -99 23 116 550 568 410
0 0 0 0 -79 25 126 553 564 409
0 0 0 0 -57 27 137 557 561 409
0 0 0 0 -36 29 147 561 557 409
0 0 0 0 -16 31 157 564 553 409
4 0 1 0 4 33 167 568 550 410
OK

TIME
STROKE RATE [spm]
0:02:00.5
17
FORCE [N]
500
400
300
200
100
0
30
60
90
120
ANGLE [°]
12.72
02:15
DISTANCE PER STROKE [m]
PACE/500m [mm:ss]

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