http://localhost/gymsys/?p=atletas

98	93	100	100
Performance	Accessibility	Best Practices	SEO

98
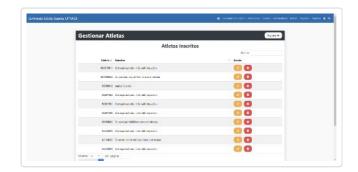
Performance

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

▲ 0–49   50–89   90–100

METRICS   Expand view

First Contentful Paint	Largest Contentful Paint
0.8 s	**0.8 s**

Total Blocking Time	Cumulative Layout Shift
20 ms	**0.033**

Speed Index

0.8 s

 View Treemap

Show audits relevant to: All FCP LCP TBT CLS

DIAGNOSTICS

⚠ Enable text compression — Potential savings of 242 KiB ⌄

⚠ Eliminate render-blocking resources — Potential savings of 560 ms ⌄

⚠ Reduce unused CSS — Potential savings of 46 KiB ⌄

⚠ Page prevented back/forward cache restoration — 2 failure reasons ⌄

Minify JavaScript — Potential savings of 3 KiB ⌄

Serve static assets with an efficient cache policy — 14 resources found ⌄

Avoid serving legacy JavaScript to modern browsers — Potential savings of 0 KiB ⌄

○ Avoid large layout shifts — 3 layout shifts found ⌄

○ Avoid non-composited animations — 1 animated element found ⌄

○ Initial server response time was short — Root document took 60 ms ⌄

○ Avoids enormous network payloads — Total size was 595 KiB ⌄

○ Avoids an excessive DOM size — 366 elements ⌄

○ Avoid chaining critical requests — 11 chains found ⌄

○ JavaScript execution time — 0.1 s ⌄

○ Minimizes main-thread work — 0.5 s ⌄

○ Largest Contentful Paint element — 850 ms ⌄

○ Avoid long main-thread tasks — 1 long task found ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (21) Show

<div align="center">

93

Accessibility

</div>

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio. ⌄

These are opportunities to improve the legibility of your content.

BEST PRACTICES

🔺   Touch targets do not have sufficient size or spacing.   ⌄

These items highlight common accessibility best practices.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (26)   Show

NOT APPLICABLE (29)   Show

100

Best Practices

TRUST AND SAFETY

⚪   Ensure CSP is effective against XSS attacks   ⌄

GENERAL

○   Detected JavaScript libraries   ⌄

PASSED AUDITS (14)   Show

NOT APPLICABLE (2)   Show

100

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](). [Learn more about Google Search Essentials]().

ADDITIONAL ITEMS TO MANUALLY CHECK (1)   Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (7)   Show

NOT APPLICABLE (3)   Show

■ Captured at Nov 15,   ■ Emulated Desktop   ■ Single page session
   2024, 10:14 AM GMT-   with Lighthouse 12.2.1
   4

Initial page load

Custom throttling

Using Chromium 130.0.0.0 with devtools

Generated by **Lighthouse** 12.2.1 | File an issue