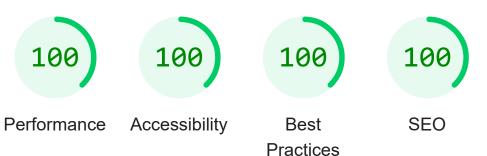


http://localhost/gymsys/?p=entrenadores





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

0.6 s 0.6 s

Total Blocking Time Cumulative Layout Shift

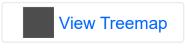
0 ms

0

about:blank 1/5

Speed Index

0.6 s





Show audits relevant to: All FCP LCP TBT CLS

DIAGNOSTICS

▲ Enable text compression — Potential savings of 238 KiB	~
▲ Eliminate render-blocking resources — Potential savings of 350 ms	~
▲ Reduce unused CSS — Potential savings of 46 KiB	~
▲ Page prevented back/forward cache restoration — 2 failure reasons	~
Minify JavaScript — Potential savings of 2 KiB	~
Serve static assets with an efficient cache policy — 14 resources found	~
Avoid serving legacy JavaScript to modern browsers — Potential savings of 0 KiB	~
Reduce unused JavaScript — Potential savings of 152 KiB	~
Avoid large layout shifts — 1 layout shift found	~
 Initial server response time was short — Root document took 20 ms 	~
 Avoids enormous network payloads — Total size was 588 KiB 	~

about:blank 2/5

O Avoids an excessive DOM size — 260 elements	~
 Avoid chaining critical requests — 11 chains found 	~
 JavaScript execution time — 0.1 s 	~
 Minimizes main-thread work — 0.3 s 	~
Largest Contentful Paint element — 570 ms	~

More information about the performance of your application. These numbers don't <u>directly affect</u> the Performance score.

PASSED AUDITS (22)

Show



Accessibility

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.

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 (28)

Show

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NOT APPLICABLE (29)

Show



Best Practices

TRUST AND SAFETY

Ensure CSP is effective against XSS attacks

~

GENERAL

Detected JavaScript libraries

V

PASSED AUDITS (14)

Show

NOT APPLICABLE (2)

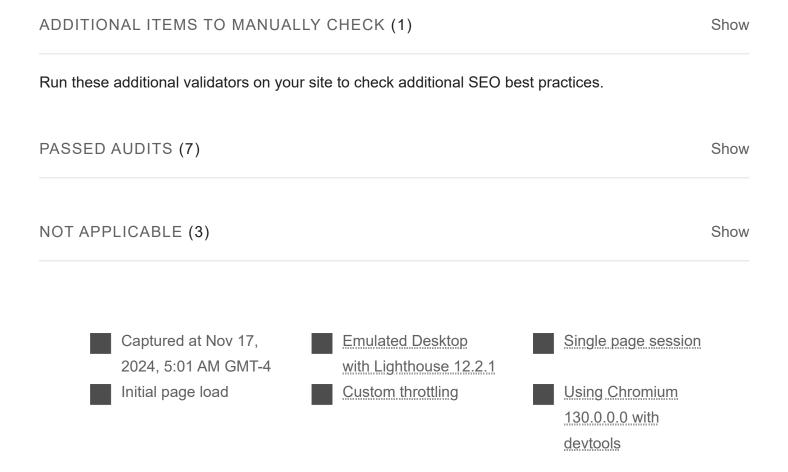
Show



SEC

about:blank 4/5

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.



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