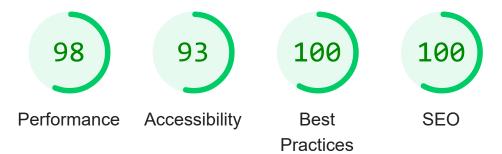


http://localhost/gymsys/?p=atletas



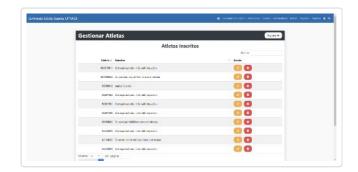




## Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. <u>See calculator.</u>

**△** 0–49 50–89 90–100



METRICS Expand view

First Contentful Paint

0.8 s

**Total Blocking Time** 

20 ms

Largest Contentful Paint

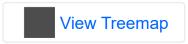
0.8 s

**Cumulative Layout Shift** 

0.033

### Speed Index

# 0.8 s



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Show audits relevant to: All <u>FCP</u> <u>LCP</u> <u>TBT</u> <u>CLS</u>

#### 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	~
<ul> <li>Avoid large layout shifts — 3 layout shifts found</li> </ul>	~
<ul> <li>Avoid non-composited animations — 1 animated element found</li> </ul>	~
<ul> <li>Initial server response time was short — Root document took 60 ms</li> </ul>	~
<ul> <li>Avoids enormous network payloads — Total size was 595 KiB</li> </ul>	~

about:blank 2/6

<ul> <li>Avoids an excessive DOM size — 366 elements</li> </ul>	<b>~</b>
<ul> <li>Avoid chaining critical requests — 11 chains found</li> </ul>	~
<ul> <li>JavaScript execution time — 0.1 s</li> </ul>	~
<ul> <li>Minimizes main-thread work — 0.5 s</li> </ul>	~
<ul> <li>Largest Contentful Paint element — 850 ms</li> </ul>	~
<ul> <li>Avoid long main-thread tasks — 1 long task found</li> </ul>	~

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

PASSED AUDITS (21)

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.

#### 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



### **Best Practices**

#### TRUST AND SAFETY

Ensure CSP is effective against XSS attacks



#### **GENERAL**

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<ul> <li>Detected JavaScript libraries</li> </ul>	~
PASSED AUDITS (14)	Show
NOT APPLICABLE (2)	Show



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 <a href="Core Web Vitals">Core Web Vitals</a>. Learn more about Google Search Essentials.

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, 2024, 10:14 AM GMT-



Single page session

4

Initial page load

Custom throttling

Using Chromium

130.0.0.0 with

devtools

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

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