







Performance A

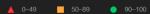
/ Rost Practice





Performance

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





METRICS

▲ First Contentful Paint

340

First Contentful Paint marks the time at which the first text or image is painted. Learn more about the Eirst Contentful Paint metric.

▲ Total Blocking Time

710 ms

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds. Learn more about the Total Blocking Time metric.

▲ Speed Index

5.9 s

Speed Index shows how quickly the contents of a page are visibly populated. <u>Learn more about the Speed Index metric.</u>

Avoid enormous network payloads — Total size was 6,179 KiB
 Serve static assets with an efficient cache policy — 4 resources found

■ Ensure text remains visible during webfont load

▲ Largest Contentful Paint

559

Largest Contentful Paint marks the time at which the largest text or image is painted. Learn more about the Largest Contentful Paint metric

Cumulative Layout Shift



Cumulative layout shift measures the movement of visible elements within the viewport. Learn more about the cumulative layout shift metric.





DIAGNOSTICS

▲ Eliminate render-blocking resources — Potential savings of 480 ms

▲ Reduce unused CSS — Potential savings of 67 KiB

▲ Reduce unused JavaScript — Potential savings of 2,958 KiB

▲ Reduce initial server response time — Root document took 1,010 ms

▲ Avoid an excessive DOM size — 1,651 elements

▲ Reduce JavaScript execution time — 1.9 s

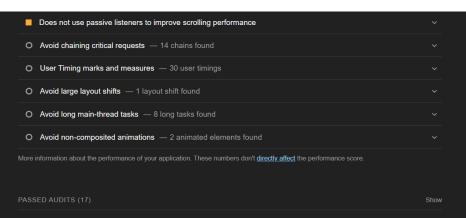
▲ Minimise main-thread work — 3.2 s

▲ Reduce the impact of third-party code — Third-party code blocked the main thread for 650 ms

▲ Largest contentful paint element — 5,530 ms

■ Serve images in next-gen formats — Potential savings of 17 KiB

■ Avoid serving legacy JavaScript to modern browsers — Potential savings of 37 KiB





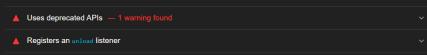
Accessibility

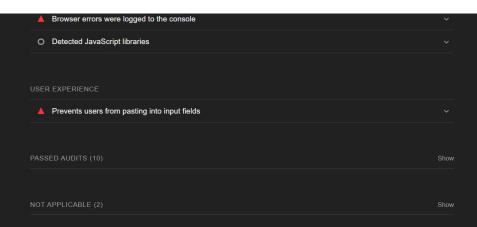
These checks highlight opportunities to <u>improve the accessibility of your web app</u>. Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so <u>manual testing</u> is also encouraged.

Elements with an ARIA [role] that require children to contain a specific [role] are missing some or all of those required children. These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, such as a screen reader. NAMES AND LABELS (frame) or (iframe) elements do not have a title These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, such as a screen reader. ADDITIONAL ITEMS TO MANUALLY CHECK (10) These items address areas which an automated testing tool cannot cover. Learn more in our guide on conducting an accessibility review PASSED AUDITS (19) Show



GENERAL







SEO

These checks ensure that your page is following basic search engine optimisation advice. There are many additional factors that Lighthouse does not score here that may affect your search ranking, including performance on <u>Core Web Vitals</u> <u>Learn more about Google Search</u> <u>essentials</u>.

Document does not have a meta description Format your HTML in a way that enables crawlers to better understand your app's content. ADDITIONAL ITEMS TO MANUALLY CHECK (1) Run these additional validators on your site to check additional SEO best practices. PASSED AUDITS (8) Show NOT APPLICABLE (5) Show

Generated by **Lighthouse** 11.5.0 | File an issue

⊚ Using HeadlessChromium 122.0.6261.94