

Casos A/B  
Tria el millor per a WordPress

# Joan Vega



- Full stack developer
- 2008 els primers WP
- 2015 hosting WP

# Temes a tractar

- Seguretat
- Rendiment (Velocitat)

# Ajudeu-me a triar:



[wetopi.com/qr](http://wetopi.com/qr)

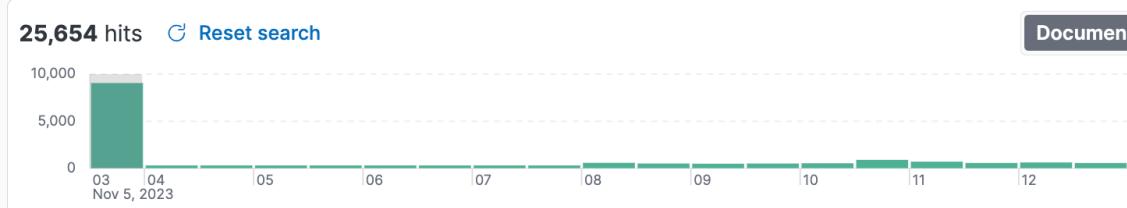
# **Seguretat: tràfic no desitjat**

# Seguretat: tràfic no desitjat

2023: casi el 50% bots, 30% maliciosos.

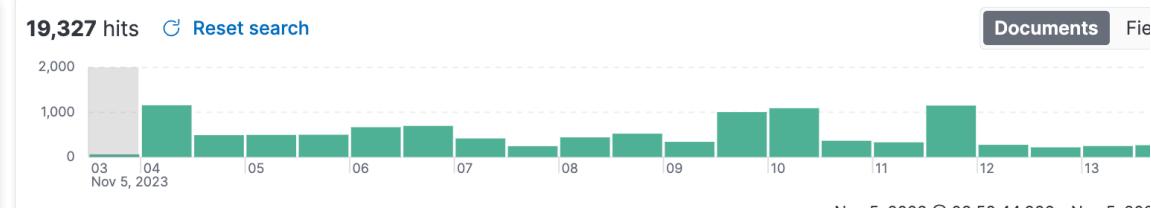
Barracuda, Statista, Increditoools, Imperva

# Seguretat: tràfic no desitjat



Columns 1 field sorted

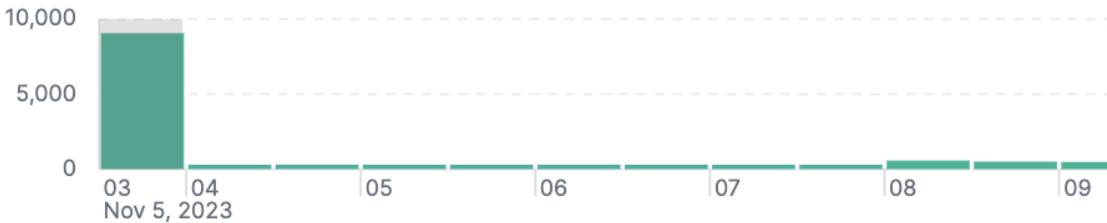
@timestamp	g...	parsed.request	parsed.http_user_agent
Nov 5, 2023 @ 22:07:11.519	ESP	POST /wp-admin/admin-ajax.php HTTP/2.0	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:07:05.115	-	POST /wp-login.php?action=register HTTP/1.1	-
Nov 5, 2023 @ 22:06:59.755	PRI	POST /wp-login.php HTTP/2.0	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:06:15.519	PRI	POST /wp-login.php HTTP/2.0	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:06:04.718	USA	GET /wp-login.php?redirect_to=https%3A%2F%2Fhorizon... Go-http-client/2.0	Go-http-client/2.0
Nov 5, 2023 @ 22:06:02.718	USA	GET /wp-login.php?redirect_to=https%3A%2F%2Fhorizon... Go-http-client/2.0	Go-http-client/2.0
Nov 5, 2023 @ 22:06:02.717	USA	GET /wp-login.php?redirect_to=https%3A%2F%2Fhorizon... Go-http-client/2.0	Go-http-client/2.0
Nov 5, 2023 @ 22:06:00.717	USA	GET /wp-login.php?redirect_to=https%3A%2F%2Fhorizon... Go-http-client/2.0	Go-http-client/2.0
Nov 5, 2023 @ 22:05:53.965	ESP	POST /wp-login.php HTTP/2.0	Mozilla/5.0 (Linux; Android 10.0; Redmi Note 9 Pro 5G) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:05:40.718	USA	POST /wp-login.php HTTP/2.0	Mozilla/5.0 (Linux; Android 10.0; Redmi Note 9 Pro 5G) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:05:40.717	USA	POST /wp-login.php HTTP/2.0	Mozilla/5.0 (Linux; Android 10.0; Redmi Note 9 Pro 5G) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:05:25.519	ITA	GET /wp-login.php HTTP/1.1	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:05:25.519	ITA	GET //wp-login.php HTTP/1.1	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:05:17.519	USA	GET /wp-login.php HTTP/2.0	Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:05:17.519	USA	POST /wp-login.php HTTP/2.0	Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36



Columns 1 field sorted

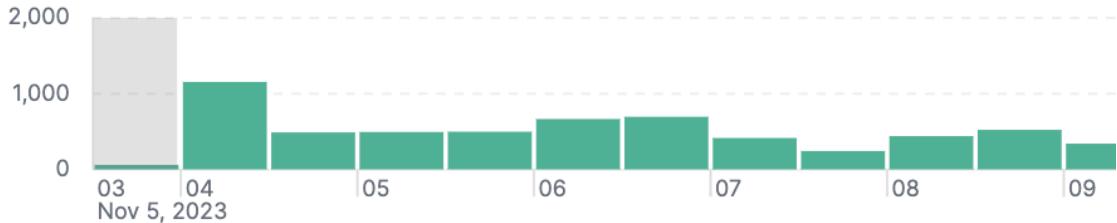
@timestamp	g...	parsed.request	parsed.http_user_agent
Nov 5, 2023 @ 22:14:14.717	CAN	GET /product/toremifene-citrate-60mg/ HTTP/2.0	Mozilla/5.0 (compatible; ByteSpider; +https://www.bytespider.com/)
Nov 5, 2023 @ 22:13:41.964	USA	GET /steroids-for-sale/order-received/200081/?key=wc_o... F...	Mozilla/5.0 (Linux; Android 10; K) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:13:39.114	FRA	POST /wp-cron.php?doing_wp_cron=1699218818.22064...	xSYlVElgSRPu
Nov 5, 2023 @ 22:13:23.965	CAN	GET /product/rad-lgd/ HTTP/2.0	Mozilla/5.0 (compatible; ByteSpider; +https://www.bytespider.com/)
Nov 5, 2023 @ 22:12:57.755	USA	GET / HTTP/1.1	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:50.717	USA	GET / HTTP/1.1	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:39.964	ESP	POST /wp-admin/admin-ajax.php HTTP/2.0	Mozilla/5.0 (Linux; Android 10; K) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:39.964	ESP	POST /?wc-ajax=get_refreshed_fragments HTTP/2.0	Mozilla/5.0 (Linux; Android 10; K) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:38.717	CAN	GET /product/lasix/ HTTP/2.0	Mozilla/5.0 (compatible; ByteSpider; +https://www.bytespider.com/)
Nov 5, 2023 @ 22:12:37.115	USA	GET /product/arimidex-1mg-50-tablets-hutech-labs/ HTT...	Mozilla/5.0 AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:36.717	FRA	POST /wp-cron.php?doing_wp_cron=1699218756.49291...	WyNnl01Nwwk1
Nov 5, 2023 @ 22:12:29.965	ESP	GET /product-category/turkish-pharmacy/ HTTP/2.0	Mozilla/5.0 (Linux; Android 10; K) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:14.717	GBR	GET /product/beligas-8-week-high-definition-stack/ HTT...	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:11.116	FRA	POST /wp-cron.php?doing_wp_cron=1699218730.04929...	bagf6l8tN9ZR
Nov 5, 2023 @ 22:12:10.718	GBR	POST /wp-admin/admin-ajax.php HTTP/2.0	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36
Nov 5, 2023 @ 22:12:00.717	GBR	POST /wp-admin/admin-ajax.php HTTP/2.0	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/112.0.5613.127 Safari/537.36

**25,654** hits  [Reset search](#)



Columns  1 field sorted

**19,327** hits  [Reset search](#)



Columns  1 field sorted

	↓ @timestamp ⏲	↙ g...	parsed.request
↗	Nov 5, 2023 @ 22:14:14.717	CAN	GET /product/toremifene-citrate-60mg
↗	Nov 5, 2023 @ 22:13:41.964	USA	GET /steroids-for-sale/order-received/
↗	Nov 5, 2023 @ 22:13:39.114	FRA	POST /wp-cron.php?doing_wp_cron=1
↗	Nov 5, 2023 @ 22:13:23.965	CAN	GET /product/rad-lgd/ HTTP/2.0
↗	Nov 5, 2023 @ 22:12:57.755	USA	GET / HTTP/1.1
↗	Nov 5, 2023 @ 22:12:50.717	USA	GET / HTTP/1.1
↗	Nov 5, 2023 @ 22:12:39.964	ESP	POST /wp-admin/admin-ajax.php HTTP/2.0
↗	Nov 5, 2023 @ 22:12:39.964	ESP	POST /?wc-ajax=get_refreshed_fragments
↗	Nov 5, 2023 @ 22:12:38.717	CAN	GET /product/lasix/ HTTP/2.0

# Amb quin tràfic us quedaríeu?

# Necessitem protecció

... enfront el tràfic no desitjat

foo 22 Insights LLAR SEO 5 Español ?

Todos (29) | Activos (26) | Inactivos (3) | Actualizaciones disponibles (18) | Actualizaciones automáticas desactivadas (29)

Acciones en lote

Plugin	Descripción
<input type="checkbox"/> Wordfence Security <a href="#">Actualizar a Premium</a>   Desactivar	Wordfence Security - Antivirus, cortafuegos y exploración de malware Versión 7.10.6   Por <a href="#">Wordfence</a>   Ver detalles
<input type="checkbox"/> Limit Login Attempts Reloaded <a href="#">Actualizar a Premium</a>   Escritorio   Ajustes   Desactivar	Bloquea los intentos de acceso excesivos y protege tu sitio contra la fuerza bruta. Sencillas, pero potentes herramientas para mejorar el rendimiento del sitio. Versión 2.25.26   Por <a href="#">Limit Login Attempts Reloaded</a>   Ver detalles
<input type="checkbox"/> All in One SEO <a href="#">Actualiza a Pro</a>   Documentación   Soporte   Ajustes de SEO   Desactivar	Versión 4.4.1   Por <a href="#">All in One SEO Team</a>   Ver detalles   Sugerir una característica  Hay disponible una nueva versión de All in One SEO. <a href="#">Revisa los detalles de la versión 4.4.9.2 o actualízalo ahora.</a>
<input type="checkbox"/> Collapse-O-Matic <a href="#">Settings</a>   <a href="#">Deactivate</a>	Hay disponible una nueva versión de Collapse-O-Matic. <a href="#">Revisa los detalles de la versión 1.8.5.5 o actualízalo ahora.</a>
<input type="checkbox"/> Contact Form DB - Elementor <a href="#">Desactivar</a>	Versión 1.8.0   Por <a href="#">Web Ace Tech Services</a>   Ver detalles  Hay disponible una nueva versión de Contact Form DB - Elementor. <a href="#">Revisa los detalles de la versión 1.8.1 o actualízalo ahora.</a>
<input type="checkbox"/> Elementor <a href="#">Ajustes</a>   <a href="#">Desactivar</a>	Versión 3.12.2   Por <a href="#">Elementor.com</a>   Ver detalles   Documentos y preguntas frecuentes   Videotutoriales  Hay disponible una nueva versión de Elementor. <a href="#">Revisa los detalles de la versión 3.17.2 o actualízalo ahora.</a>

¡Atención, haz una copia de seguridad antes de actualizar!  
La última actualización incluye algunos cambios sustanciales en diferentes áreas del plugin. Te recomendamos encarecidamente que [seguridad de tu sitio antes de actualizar](#) y asegúrate de que primero actualizas en un entorno de pruebas

bar 1 Insights

Dashboard Bridge Dashboard Qode Options Posts Testimonials Qode Slider Qode Carousel Media Masonry Gallery Pages Comments 77 Elementor DB Elementor Templates Appearance Plugins Installed Plugins Add New Users Tools Settings

All (11) | Active (11) | Auto-updates Disabled (11)

Bulk actions

Plugin	Description
<input type="checkbox"/> Bridge Core <a href="#">Deactivate</a>	Plugin that adds additional features needed by our theme Version 3.0.1   By <a href="#">Qode</a>   <a href="#">Visit plugin site</a>
<input type="checkbox"/> Collapse-O-Matic <a href="#">Settings</a>   <a href="#">Deactivate</a>	Collapse-O-Matic adds an [expand] shortcode that wraps content into a jQuery collapsible div. Version 1.8.5.5   By <a href="#">twinpictures</a> , <a href="#">baden03</a>   <a href="#">View details</a>
<input type="checkbox"/> Contact Form DB - Elementor <a href="#">Deactivate</a>	A simple plugin to save contact form submissions in the database, designed for the Elementor Form Module. Version 1.8.1   By <a href="#">Web Ace Tech Services</a>   <a href="#">View details</a>
<input type="checkbox"/> Elementor <a href="#">Settings</a>   <a href="#">Deactivate</a>   <a href="#">Get Elementor Pro</a>	The Elementor Website Builder has it all: drag and drop page builder, pixel perfect design, mobile responsive editing, and more. Get started now! Version 3.17.2   By <a href="#">Elementor.com</a>   <a href="#">View details</a>   <a href="#">Docs &amp; FAQs</a>   <a href="#">Video Tutorials</a>
<input type="checkbox"/> Elementor Header & Footer Builder <a href="#">Settings</a>   <a href="#">Deactivate</a>	This powerful plugin allows creating a custom header, footer with Elementor blocks and displaying them on selected locations. You can also create custom Elementor pages and place them anywhere on the website with a shortcode. Version 1.6.17   By <a href="#">Brainstorm Force</a> , <a href="#">Nikhil Chavan</a>   <a href="#">View details</a>
<input type="checkbox"/> Google Analytics for WordPress by MonsterInsights <a href="#">Get MonsterInsights Pro</a>   <a href="#">Settings</a>   <a href="#">Support</a>   <a href="#">Documentation</a>   <a href="#">Deactivate</a>	The best Google Analytics plugin for WordPress. See how visitors find and engage with your website, so you can keep them coming back. Version 8.20.1   By <a href="#">MonsterInsights</a>   <a href="#">View details</a>
<input type="checkbox"/> Qode Instagram Widget <a href="#">Deactivate</a>	Plugin that adds Instagram feed functionality to our theme Version 2.1.3   By <a href="#">Qode Themes</a>
<input type="checkbox"/> Qode Twitter Feed <a href="#">Deactivate</a>	Plugin that adds Twitter feed functionality to our theme Version 2.0.3   By <a href="#">Qode Themes</a>

# quina és més segura?

# Necessitem protecció

1. Actualitzacions
2. Contrasenyes fortes
3. Tallafocs extern WAF
4. Bloqueig escriptura

# Necessitem protecció

... si tenim poc tràfic,  
ok a:

- Extensions tallafocs,
- limitadors de intents login

# Rendiment (Velocitat)

Volem que la web vagi ràpid

# **Etapes** (Velocitat)

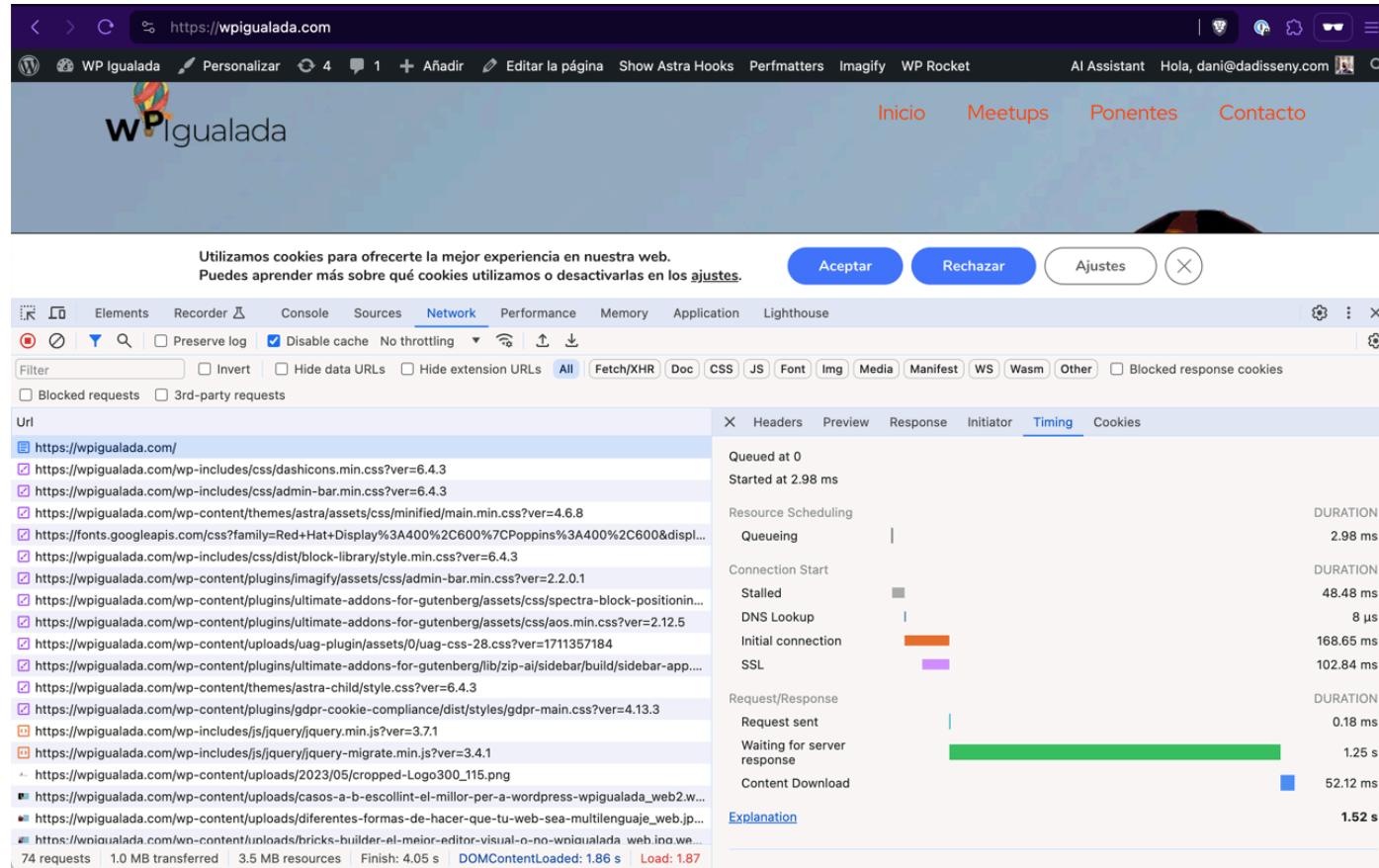
## A. Servir la pàgina

dns, processar, latència xarxa, ...

## B. Pintar pàgina

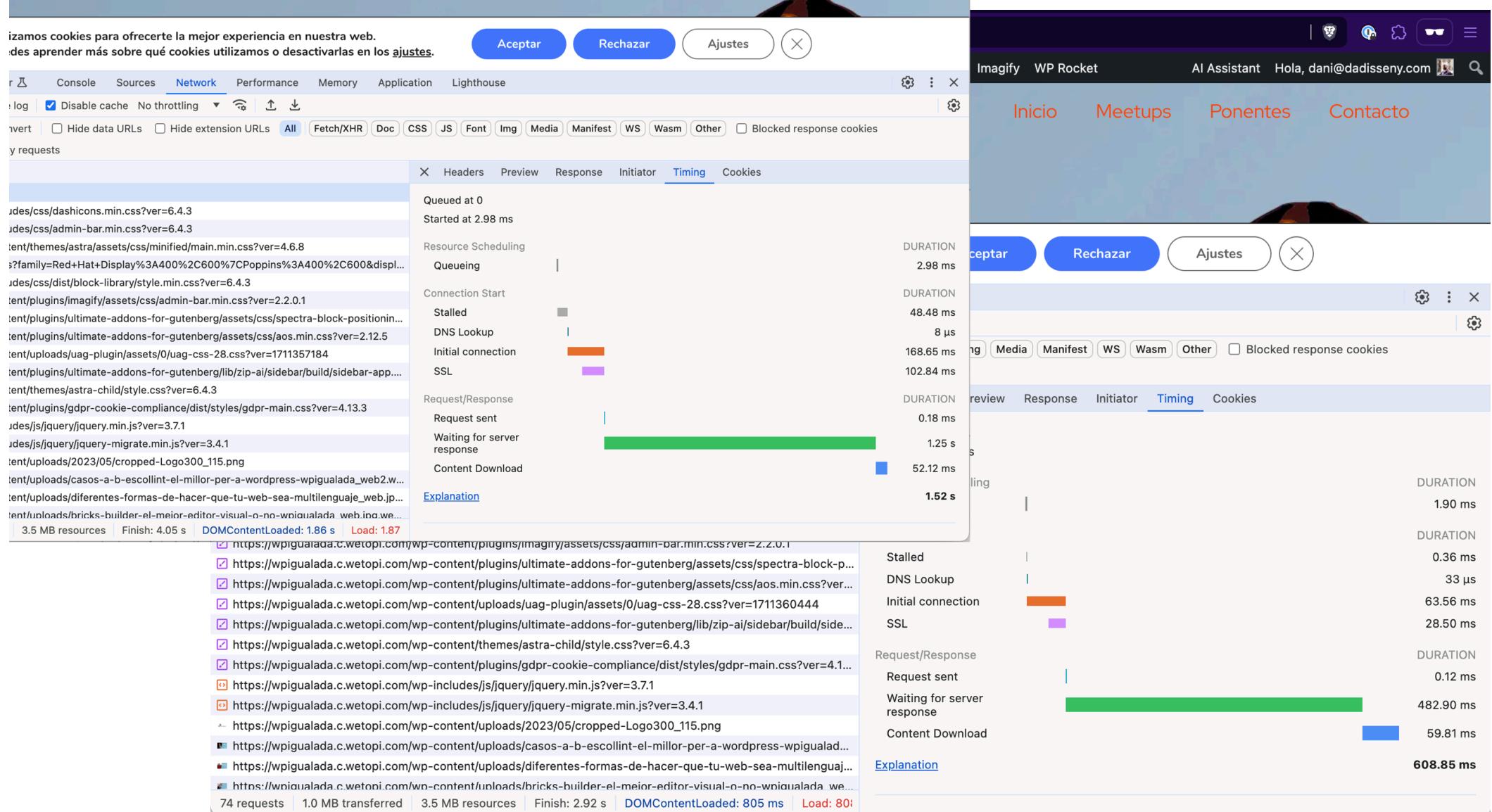
carregar recursos, aplicar estils, javascript, ...

# Mesurar Velocitat al "Servir la pàgina"



(A) Amb les Developer tools

(B) No controlo les Dev tools



# Quina es més lleugera?

The image shows two screenshots of the WordPress admin interface, specifically the 'Plugins' screen, side-by-side for comparison.

**Left Screenshot (My wapuu Production site):**

- Header:** https://demo1.c.wetopi.com/wp-admin/plugins.php
- Left Sidebar:** Includes links for Tauler, Entrades, Mèdia, Pàgines, Comentaris, Aparència, Extensions, Extensions instal·lades, Afegeix, Usuaris, Eines, Files Monitor (6), Opcions, Wordfence (1), and Estadístiques.
- Main Content:** Shows a table for 'Extensions'. The first item, 'Converter for Media', is highlighted with a blue border. Other items include Post Views Counter, Website File Changes Monitor, Wordfence Security, and WP Statistics.

**Right Screenshot (Demo B):**

- Header:** https://www.demob.com/wp-admin/plugins.php
- Left Sidebar:** Includes links for Contacto (1), WooCommerce, Productos, Pagos (1), Análisis, Marketing, WPForms, Apariencia, Plugins (8), Usuarios, Herramientas, WPBakery Page Builder, Ajustes, Fragmentos de código, and WP Mail SMTP.
- Main Content:** Shows a table for 'Todos' plugins. The first item, 'Asesor de Cookies RGPD', is highlighted with a blue border. Other items include Contact Form 7, Facebook for WooCommerce, Loco Translate, and PDF Invoices & Packing Slips for WooCommerce.

# Que puc fer: Ara! Ja!!!

- Extensions: les mínimes
  - o evita les que afectin pintat o escriguin a bbdd.
- Tallafocs: fora de WP
- Redireccions: fora de WP
- Base de dades: motor Innodb

# Si incremento la memòria de WordPress, anirà més ràpid?

```
// ... wp-config.php
define('WP_MEMORY_LIMIT', '512M');
...
```

(A) Si  
en alguns casos

(B) No

# I si escalo i assigno més Cores?

(A) Anirà mes ràpid.

(B) Probablement no.

# Procurar sempre una bona base

- Un bon Hosting: TTFB<200 + HTTP/3 + Compressors
- Evita temes multiproposít i constructors pesats

# Procurar sempre una bona base

- Un bon Hosting: TTFB<200 + HTTP/3 + Compressors
- Evita temes multiproposít i constructors pesats  
Ideal: "Temes de Blocks"

# Tenim usuaris a Europa ...

Screenshot of the Network tab in the Chrome DevTools developer console.

The Network tab shows the following details:

- Preserve log**:
- Disable cache**:
- No throttling**:
- Filter**:   Invert  Hide data URLs  Hide extension URLs
- Resource Types**: All, Fetch/XHR, JS, CSS, Img, Media, Font, Doc, WS, Was
- Blocked requests**:
- 3rd-party requests**:

Path	Method	Status	Proto...	Remote Address	Type
/	GET	200	h3	188.114.96.2:443	document
/wp-includes/css/dashicons.min.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-includes/css/admin-bar.min.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-includes/blocks/navigation/style.min.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-includes/blocks/social-links/style.min.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-content/themes/twentytwentytwo/style.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-content/themes/twentytwentytwo-clean-child/style.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-content/plugins/wordpress-seo/css/dist/adminbar-2150.css	GET	200	h3	188.114.96.2:443	stylesheet
/wp-content/plugins/gdpr-cookie-compliance/dist/styles/gdpr-main-...	GET	200	h3	188.114.96.2:443	stylesheet
/wp-content/uploads/2022/02/wetopi-text-logo.svg	GET	200	h3	188.114.96.2:443	svg+xml
/wp-content/uploads/2022/03/language-selector-text.svg	GET	200	h3	188.114.96.2:443	svg+xml
/wp-content/uploads/2022/02/managed-wordpress-server-panel.webp	GET	200	h3	188.114.96.2:443	webp
/-P9a1w2rEeo8/AAAAAAAAAAI/AAAAAAAAGwY/7FRfjgfwloU/s50-b...	GET	200	h3	216.58.215.33:443	png
/-vaRuXMweVwE/AAAAAAAAAAI/AAAAAAAAGJ_Y/tulzMzcV7Jc/s50-...	GET	200	h3	216.58.215.33:443	png
/-q1vQuksvqfs/AAAAAAAAAAI/AAAAAAAADk/aaU55oPjzrM/s50-c0...	GET	200	h3	216.58.215.33:443	png
/wp-content/uploads/2015/09/shared-hosting-wp-containers.png	GET	200	h3	188.114.96.2:443	png

44 requests | 774 kB transferred | 2.2 MB resources | Finish: 5.81 s | DOMContentLoaded: 410 ms | Load: 485 ms

**Queued at 0**  
**Started at 1.96 ms**

**Resource Scheduling**

- Queueing**
- Connection Start**
- Stalled**
- DNS Lookup**
- Initial connection**
- SSL**

**Request/Response**

- Request sent**
- Waiting for server response**
- Content Download**

**Explanation**

**Server Timing**

During development, you can use [the Server](#).

# Tenim usuaris a Europa ...

Location	Status	DNS	Connect	TLS	TTFB	
🇬🇧 London, UK	200	2 ms	9 ms	25 ms	48 ms	<a href="#">+</a>
🇫🇷 Paris, France	200	2 ms	6 ms	18 ms	34 ms	<a href="#">+</a>
🇸🇪 Sweden	200	64 ms	34 ms	42 ms	175 ms	<a href="#">+</a>
🇫🇮 Finland	200	2 ms	43 ms	59 ms	149 ms	<a href="#">+</a>
🇧🇪 Belgium	200	4 ms	10 ms	26 ms	62 ms	<a href="#">+</a>
🇪🇸 Madrid, Spain	200	1 ms	21 ms	31 ms	75 ms	<a href="#">+</a>
🇮🇹 Milan, Italy	200	2 ms	21 ms	33 ms	78 ms	<a href="#">+</a>
🇳🇱 Netherlands	200	3 ms	13 ms	27 ms	58 ms	<a href="#">+</a>
🇵🇱 Warsaw, Poland	200	2 ms	28 ms	40 ms	100 ms	<a href="#">+</a>
🇩🇪 Frankfurt, Germany	200	2 ms	12 ms	24 ms	51 ms	<a href="#">+</a>

(A) CDN necessari

(B) CDN no necessari

# ... algun altre remei ?

- Cache
- Impossible millorar Hosting: afegir CDN
- Inspeciona a fons: Query Monitor, wp profile

# Rendiment

Etapa: Pintar la página

# Core Web Vitals

(Loading)

## LCP

Largest Contentful Paint



(Interactivity)

## INP

Interaction to Next Paint



(Visual Stability)

## CLS

Cumulative Layout Shift



## (A) Si

les he incorporat a la dieta

## (B) No

no se per on començar

# Bases per pintar la pàgina ràpid:

- Un bon hosting
- Un tema lleuger
- Poques extensions
- Imatge i vídeo lleugers i diferits

# ...algun detall més concret?

- Optimitza les imatges: webp, svg sobretot element principal (LCP)
- Atribut fetchpriority="high" per l'element principal (LCP)
- Imatges amb les seves mides per evitar salts (CLS)
- Javascript: el mínim i diferit: <script defer... (INP)
- Lazy loading per imatges i vídeos

# moltes gràcies :)

- Presentació  
github: [sitamet/casos-ab-tria-el-millor-per-wordpress/](#)
- Vota A/B: un experiment  
github: [sitamet/vote-ab](#) i [sitamet/vote-ab-server](#)
- Gràcies reveal.js  
github: [hakimel/reveal.js](#)