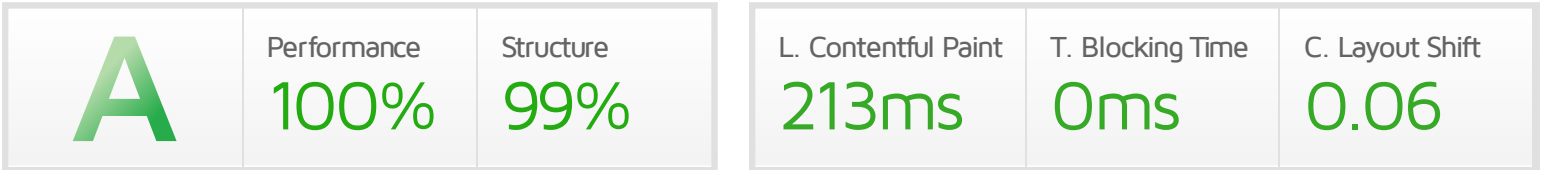




Performance Report for: <https://frountas.com/>

Report generated: Thu, Nov 19, 2020 1:54 AM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 86.0.4240.193, Lighthouse 6.3.0



Top Issues

IMPACT	AUDIT	
Low	Use a Content Delivery Network (CDN)	3 resources found
Low	Avoid large layout shifts	5 elements found
Low	Avoid an excessive DOM size	213 elements
Low	Avoid enormous network payloads	Total size was 75 KiB
Low	Properly size images	Potential savings of 6 KiB

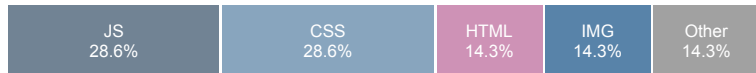
Page Details



Total Page Size - 74.9KB



Total Page Requests - 7



How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

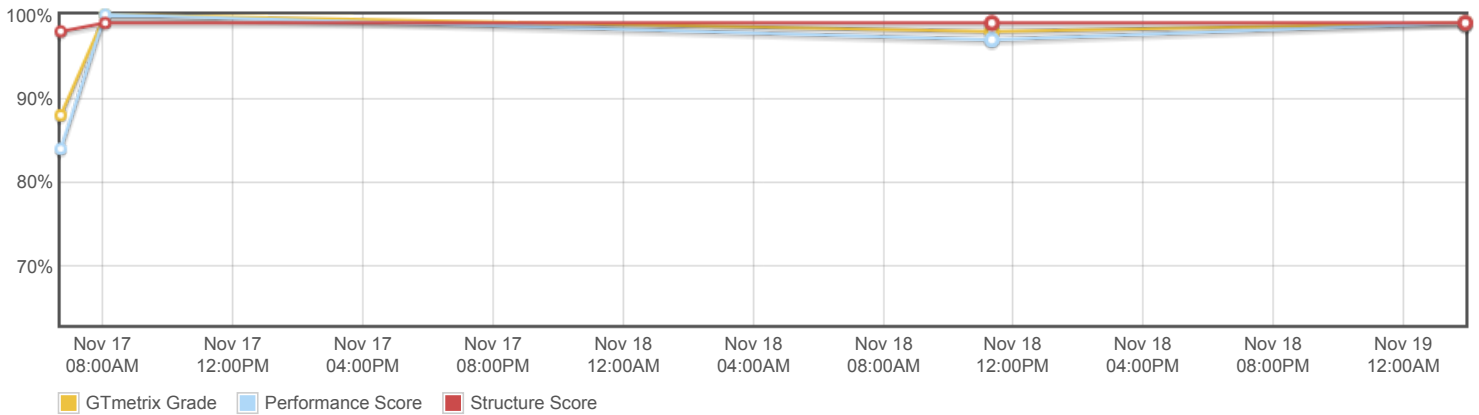
About GTmetrix

GTmetrix is developed by the good folks at **CARBON60**, a Canadian hosting company with over 24 years experience in web technology.

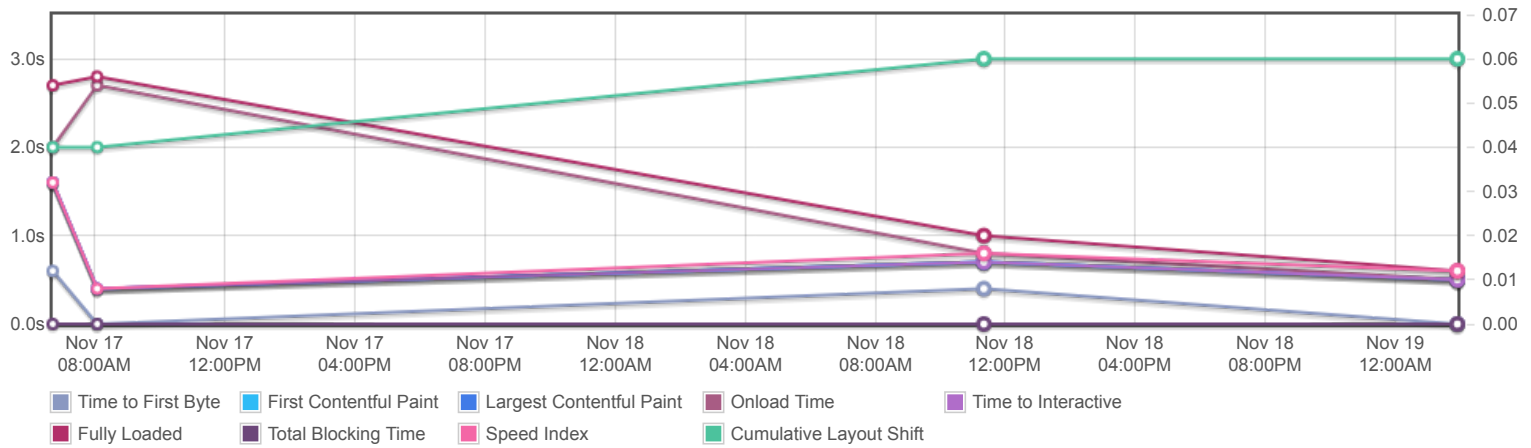


<https://carbon60.com/>

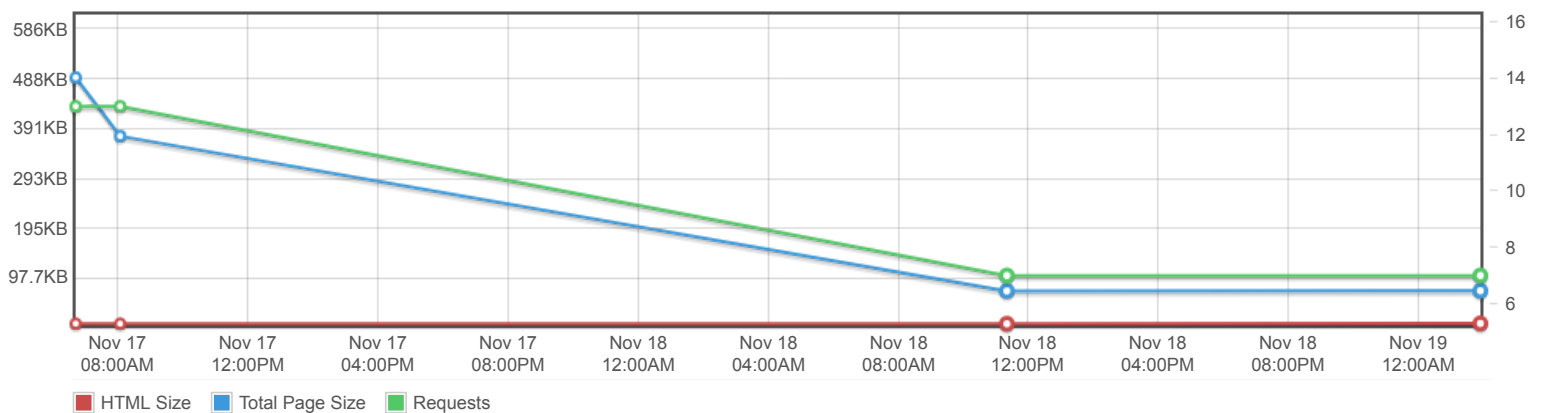
Page scores



Page metrics

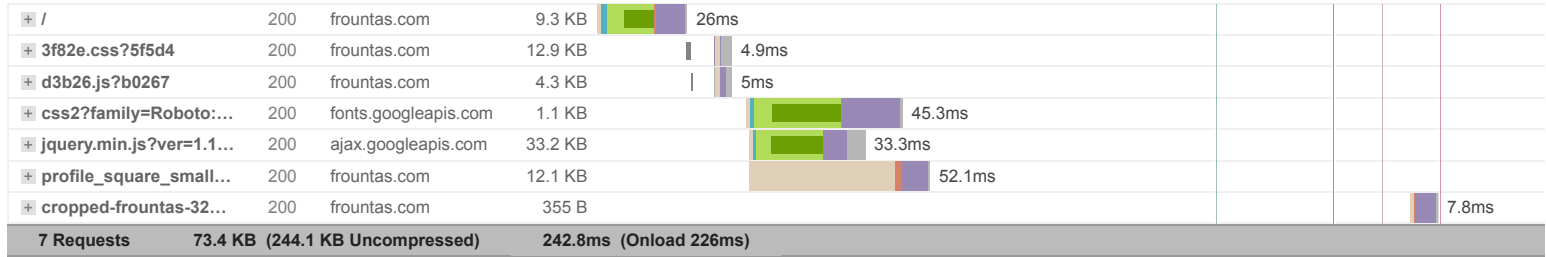


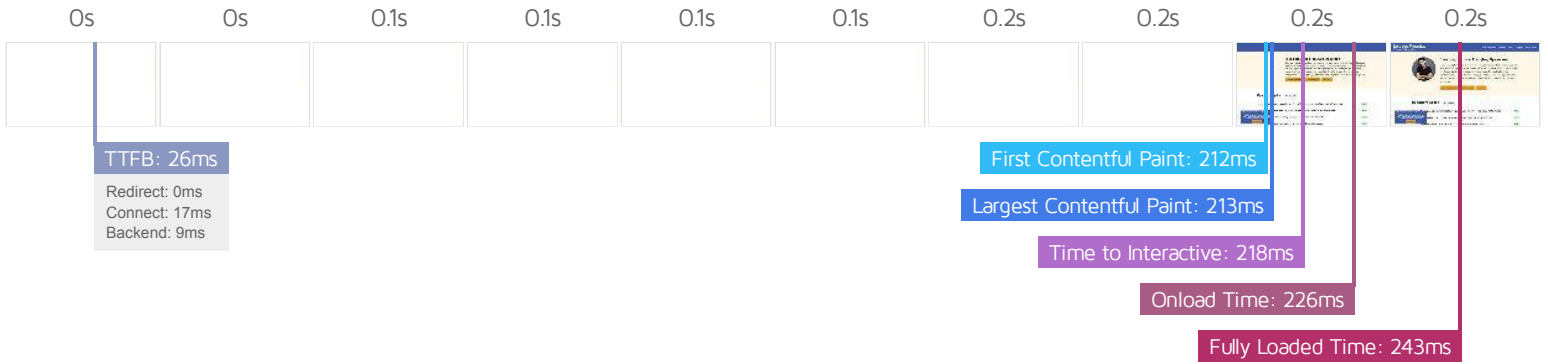
Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

lakovos Frountas Enthusiast WordPress Developer





Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>213ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>218ms</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>263ms</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>0ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>213ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.06</p>

Browser Timings

Redirect	0ms	Connect	17ms	Backend	9ms
TTFB	26ms	DOM Int.	173ms	DOM Loaded	178ms
First Paint	212ms	Onload	226ms	Fully Loaded	243ms

IMPACT	AUDIT	
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Low	Avoid enormous network payloads	Total size was 75 KiB
Low	Properly size images	Potential savings of 6 KiB
Low	Serve static assets with an efficient cache policy	2 resources found
Low	Avoid long main-thread tasks	1 long task found
Low	Reduce JavaScript execution time	0 s
Low	Remove unused CSS	Potential savings of 12 KiB
Low	Reduce initial server response time	Root document took 10 ms
Low	Avoid serving legacy JavaScript to modern browsers	Potential savings of 7 KiB
Low	Avoid non-composited animations	2 animated elements found
Low	Avoid chaining critical requests	1 chain found
Low	Remove unused JavaScript	Potential savings of 23 KiB
N/A	Largest Contentful Paint element	1 element found
N/A	Minimize main-thread work	0.3 s
N/A	Reduce the impact of third-party code	Third-party code blocked the main thread for 0 ms
N/A	Replace large JavaScript libraries with smaller alternatives	0 large libraries found
N/A	User Timing marks and measures	