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Website: <https://seoguide.co/>

Generated At: 2021-03-10 21:04:34

Domain Name - adpt.fr

WhoIs Information

Registered : No

Domain age : 0 Years 0 Months 0 Days

Tech email :

Name servers :

Created at :

Changed at :

Expire at :

Registrant name :

Admin name :

Registrant country :

Admin country :

Registrant phone :

Admin phone :

Moz information

Subdomain normalized : 0.05245253071

Subdomain raw : 0.005245252978

Url normalized : 3.799999952

Url raw : 0.3799999952

Http status code : 200

Domain authority : 26

Page authority : 38

External quality link : 22

Links : 1820

Link information

Backlink count : 22

Total link count : 1,820

Mozrank : 3.799999952

ADPT ÉLÉMENT'TERRES



Mobile Friendly Check

Performance : 38.91

Emulated Form Factor **Mobile**

Locale **En-US**

Category **Performance**

Field Data

Over the last 30 days, the field data shows that this page has an **Moderate** speed compared to other pages in the Chrome User Experience Report. **We are showing The 75th percentile of FCP and The 95th percentile of FID**

First Contentful Paint (FCP)

Metric Category

First Input Delay (FID)

Metric Category

Overall Category



Origin Summary

All pages served from this origin have a **Slow** speed compared to other pages in the Chrome User Experience Report Over the last 30 days. To view suggestions tailored to each page, analyze individual page URLs.

First Contentful Paint (FCP)

Metric Category

First Input Delay (FID)

Metric Category

Overall Category

Lab Data

First Contentful Paint

First Contentful Paint marks the time at which the first text or image is painted. [Learn more](#)

2.9 s

First Meaningful Paint

First Meaningful Paint measures when the primary content of a page is visible. [Learn more](#)

2.9 s

Speed Index

Speed Index shows how quickly the contents of a page are visibly populated. [Learn more](#)

9.1 s

First CPU Idle

First CPU Idle marks the first time at which the page's main thread is quiet enough to handle input. [Learn more](#)

2.9 s

Time to Interactive

Time to interactive is the amount of time it takes for the page to become fully interactive. [Learn more](#)

17.8 s

Max Potential First Input Delay

The maximum potential First Input Delay that your users could experience is the duration, in milliseconds, of the longest task.

[Learn more](#)

700 ms

Audit Data

Keep request counts low and transfer sizes small

To set budgets for the quantity and size of page resources, add a budget.json file. [Learn More](#)

49 requests • 2,458 KiB

Eliminate render-blocking resources

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn More](#)

Potential savings of 2,310 ms

Efficiently encode images

Optimized images load faster and consume less cellular data. [Learn More](#)

Enable text compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn More](#)

Serve static assets with an efficient cache policy

A long cache lifetime can speed up repeat visits to your page. [Learn More](#)

21 resources found

Reduce the impact of third-party code

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. [Learn More](#)

Third-party code blocked the main thread for 2,170 ms

Network Round Trip Times

Network round trip times (RTT) have a large impact on performance. If the RTT to an origin is high, it's an indication that servers closer to the user could improve performance. [Learn More](#)

0 ms

Estimated Input Latency

Estimated Input Latency is an estimate of how long your app takes to respond to user input, in milliseconds, during the busiest 5s window of page load. If your latency is higher than 50 ms, users may perceive your app as laggy. [Learn More](#)

310 ms

First Contentful Paint (3G)

First Contentful Paint 3G marks the time at which the first text or image is painted while on a 3G network. [Learn More](#)

5415.5 ms

Total Blocking Time

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds.

1,640 ms

Reduce JavaScript execution time

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

3.3 s

Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn More](#)

Server Backend Latencies

Server latencies can impact web performance. If the server latency of an origin is high, it's an indication the server is overloaded or has poor backend performance. [Learn More](#)

0 ms

Properly size images

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn More](#)

Remove unused CSS

Remove dead rules from stylesheets and defer the loading of CSS not used for above-the-fold content to reduce unnecessary bytes consumed by network activity. [Learn More](#)

Potential savings of 69 KiB

Avoids enormous network payloads

Large network payloads cost users real money and are highly correlated with long load times. [Learn More](#)

Total size was 2,458 KiB

Minimize main-thread work

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

4.7 s

Serve images in next-gen formats

Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn More](#)

Potential savings of 141 KiB

Avoid chaining critical requests

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

[Learn More](#)

14 chains found

Avoids enormous network payloads

A large DOM will increase memory usage, cause longer [Learn More](#)

125 elements

Avoid multiple page redirects

Redirects introduce additional delays before the page can be loaded. [Learn More](#)

Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn More](#)

User Timing marks and measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn More](#)

8 user timings

IP Information

ISP : AS204818 HOSTEUR SARL

Ip : 46.182.4.115

Country :  FRANCE

City : Aix-en-Provence

Region : Provence-Alpes-Côte d'Azur

Timezone : Europe/Paris

Latitude : 43.5283

Longitude : 5.4497

Malware Scan Info

Google safe browser norton : Safe

Norton : untested

Search Engine Index Info

Google index : 65

Bing index : 18

Yahoo index : 17

Sites in Same IP

1. zaffranlab.com

2. lamarine-mogueriec.com

Related Websites

1.

3. sorevie-conseil.com
4. takiskoufopoulos.net
5. assoterpsychore.com
6. IP-Address-Lookup.com

Social Network Information - adpt.fr

Social Network Information	
Facebook share : 0	Pinterest Info : 0
Facebook comment : 0	Xing Info : 0
Facebook like : 0	Buffer Info : 0
Reddit Score : 0	Reddit Ups : 0
Reddit downs : 0	

Keyword & Meta Information - adpt.fr

TITLE & METATAGS
Title Accueil
Viewport width=992
Description
Keywords
Og:title Accueil
Og:description

Og:image

Og:type
article

Og:url
http://adpt.fr/

Blocked by robots.txt : No

Blocked by meta-robots : No

Links nofollowed by meta-robots : No

Total keywords : 329

Html headings

H1(1)

1. aDèpte des élémén't'errés

H2(0)

No h2 tag found

H3(0)

No h3 tag found

H4(2)

1. L'association
2. Le contexte

H5(1)

1. ADPT élémén't'errés

H6(0)

No h6 tag found

KEYWORD ANALYSIS

== Single word keywords ==

SINGLE KEYWORDS	OCCURRENCES	DENSITY	POSSIBLE SPAM
de	18	5.471 %	No
des	9	2.736 %	No
	8	2.432 %	No
en	7	2.128 %	No
la	5	1.52 %	No
les	4	1.216 %	No
enfants	3	0.912 %	No
ADPT	3	0.912 %	No
le	3	0.912 %	No
à	3	0.912 %	No
psychosocial	3	0.912 %	No
population	3	0.912 %	No
efforts	3	0.912 %	No
aux	3	0.912 %	No
dans	2	0.608 %	No
au	2	0.608 %	No
jeunes	2	0.608 %	No
situation	2	0.608 %	No
sont	2	0.608 %	No
qui	2	0.608 %	No

== Two words keywords ==

2 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
	4	1.216 %	No
la population	2	0.608 %	No
prise en	2	0.608 %	No
en situation	2	0.608 %	No

2 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
de la	2	0.608 %	No
aux devoirs	2	0.608 %	No
20 ans	2	0.608 %	No
en charge	2	0.608 %	No
les efforts	2	0.608 %	No
des talibés	2	0.608 %	No
contexte économique	1	0.304 %	No
politique largement	1	0.304 %	No
un contexte	1	0.304 %	No
par un	1	0.304 %	No
économique social	1	0.304 %	No
social et	1	0.304 %	No
ralentis par	1	0.304 %	No
fortement ralentis	1	0.304 %	No
déjà fortement	1	0.304 %	No
et politique	1	0.304 %	No

== Three words keywords ==

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
de la population	2	0.608 %	No
prise en charge	2	0.608 %	No
largement défavorable httpadptfrachetercodolipranepfzphp	1	0.304 %	No
publics efforts déjà	1	0.304 %	No
efforts déjà fortement	1	0.304 %	No
déjà fortement ralentis	1	0.304 %	No
fortement ralentis par	1	0.304 %	No
ralentis par un	1	0.304 %	No
par un contexte	1	0.304 %	No
un contexte économique	1	0.304 %	No
contexte économique social	1	0.304 %	No
économique social et	1	0.304 %	No
social et politique	1	0.304 %	No

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
et politique largement	1	0.304 %	No
politique largement défavorable	1	0.304 %	No
Accueil Les actions	1	0.304 %	No
des pouvoirs publics	1	0.304 %	No
défavorable httpadptfrachetercodolipranepfzphp httpadptfracheterderinoxpfzphp	1	0.304 %	No
httpadptfrachetercodolipranepfzphp httpadptfracheterderinoxpfzphp httpadptfracheternivaquinepfzphp	1	0.304 %	No
httpadptfracheterderinoxpfzphp httpadptfracheternivaquinepfzphp httpadptfracheterprontalginepfzphp	1	0.304 %	No

== Four words keywords ==

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Accueil Les actions Club	1	0.304 %	No
défavorable httpadptfrachetercodolipranepfzphp httpadptfracheterderinoxpfzphp httpadptfracheternivaquinepfzphp	1	0.304 %	No
publics efforts déjà fortement	1	0.304 %	No
efforts déjà fortement ralentis	1	0.304 %	No
déjà fortement ralentis par	1	0.304 %	No
fortement ralentis par un	1	0.304 %	No
ralentis par un contexte	1	0.304 %	No
par un contexte économique	1	0.304 %	No
un contexte économique social	1	0.304 %	No
contexte économique social et	1	0.304 %	No
économique social et politique	1	0.304 %	No
social et politique largement	1	0.304 %	No
et politique largement défavorable	1	0.304 %	No
politique largement défavorable httpadptfrachetercodolipranepfzphp	1	0.304 %	No
largement défavorable httpadptfrachetercodolipranepfzphp httpadptfracheterderinoxpfzphp	1	0.304 %	No

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
httpadptfrachetercodolipranepfzphp httpadptfracheterderinoxpfzphp httpadptfracheternivaquinepfzphp httpadptfracheterprontalginepfzphp	1	0.304 %	No
des pouvoirs publics efforts	1	0.304 %	No
httpadptfracheterderinoxpfzphp httpadptfracheternivaquinepfzphp httpadptfracheterprontalginepfzphp httpadptfrchloroquineachatpfzphp	1	0.304 %	No
httpadptfracheternivaquinepfzphp httpadptfracheterprontalginepfzphp httpadptfrchloroquineachatpfzphp	1	0.304 %	No
httpadptfracheterprontalginepfzphp httpadptfrchloroquineachatpfzphp	1	0.304 %	No

Alexa Information - adpt.fr

General information

Domain name : adpt.fr

Global Rank : No data

Daily Time on Site : No data

Search Traffic : No data

Bounce Rate : No data

Total sites link in : 269

Top 5 similar sites by audience overlap

SI	Similar sites	Overlap score
No data found!		

Top 5 keywords by traffic

Keywords	Search Traffic	Share of voice
No data found!		

Top 4 keyword gaps

Keywords driving traffic to competitors, but not to this site	Avg. traffic to competitors	Search popularity
No data found!		

Top 4 easy-to-rank keywords

Popular keywords within this site`s competitive power	Relevance to this site	Search popularity
No data found!		

Top 4 buyer keywords

Keywords that show a high purchase intent	Avg. traffic to competitors	Organic competition
No data found!		

Top 4 optimization opportunities

Very popular keywords already driving some traffic to this site	Search popularity	Organic share of voice
No data found!		

Top 5 referral sites

Sites by how many other sites drive traffic to them	Referral sites
No data found!	

Site flow

Visited just before & right after domain	Visited just before & right after domain percentage
No data found!	

Top 5 audience overlap

Similar sites to this site	Site`s overlap score	Alexa rank
No data found!		

Top 3 audience geography

Visitors by country

Visitors by country percentage

No data found!