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

Generated At: 2021-03-10 22:44:56

Domain Name - hrpowerhouse.co.ke

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 : 0.125760287

Subdomain raw : 0.0125760287

Url normalized : 3.299999952

Url raw : 0.3300000131

Http status code : 5

Domain authority : 19

Page authority : 33

External quality link : 4

Links : 11

Link information

Backlink count : 4

Total link count : 11

Mozrank : 3.299999952

Mobile Friendly Check

Performance : 4.9

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**

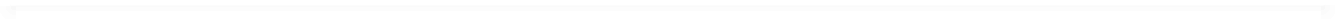
First Contentful Paint (FCP)

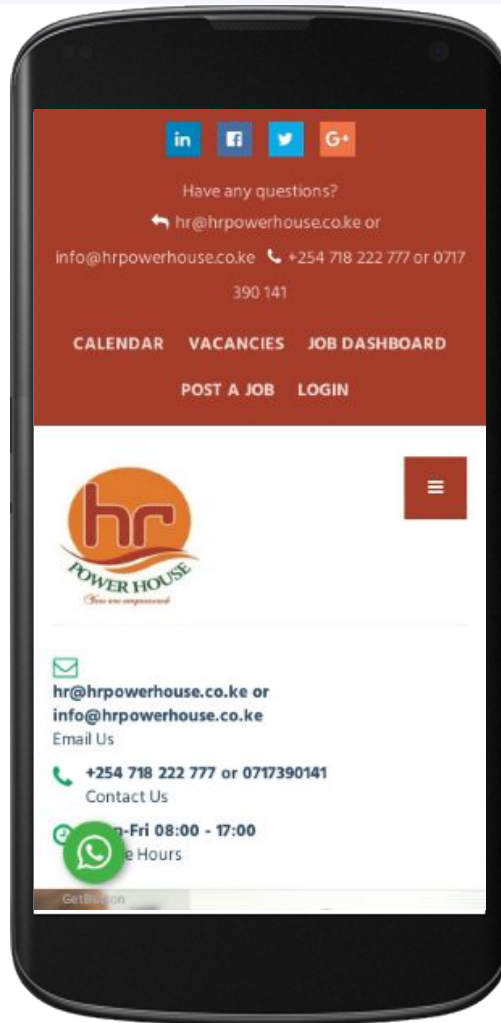
Metric Category

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](#)

7.0 s

First Meaningful Paint

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

7.0 s

Speed Index

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

24.2 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](#)

9.8 s

Time to Interactive

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

31.9 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](#)

220 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](#)

96 requests • 8,710 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 6,800 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](#)

71 resources found

Minimize third-party usage

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 20 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](#)

50 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](#)

14117 ms

Total Blocking Time

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

460 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](#)

2.6 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](#)

Potential savings of 5,358 KiB

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](#)

Potential savings of 146 KiB

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 153 KiB

Avoid enormous network payloads

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

Total size was 8,710 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](#)

13.6 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 2,022 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](#)

49 chains found

Avoid enormous network payloads

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

824 elements

Avoid multiple page redirects

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

Potential savings of 1,410 ms

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](#)

IP Information

ISP : AS25369 Hydra Communications Ltd

Ip : 81.19.211.34

Country :  UNITED KINGDOM

City : London

Region : England

Timezone : Europe/London

Latitude : 51.5085

Longitude : -0.1257

Malware Scan Info

Google safe browser norton : Safe

Norton : untested

Search Engine Index Info

Google index : 735

Bing index : 38

Yahoo index : 37

Sites in Same IP

1. kerriganreinforcingltd.com

2. newhaweli.co.uk

3. addishiwotgeneralhospital.com

4. massageinaddisababa.com

5. thelawgicalfirm.com

6. sandhp.com

7. chriswitor.com

8. ladazafurniture.com
9. eskerfields.ie
10.