



Performance Report for: <http://ashlawrence.co.uk/>

Report generated: Thu, Mar 7, 2024 7:49 PM -0800
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	94%	94%	1.3s	26ms	0

Top Issues

Med	Use a Content Delivery Network (CDN)	60 resources found
Low	Serve static assets with an efficient cache policy	Potential savings of 78.3KB
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.39MB
Low	Avoid long main-thread tasks <small>TBT</small>	5 long tasks found
Low	Avoid an excessive DOM size <small>TBT</small>	573 elements

Page Details



Total Page Size - 2.60MB



Total Page Requests - 91



■ HTML
 ■ JS
 ■ CSS
 ■ IMG
 ■ Video
 ■ Font
 ■ Other

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.**

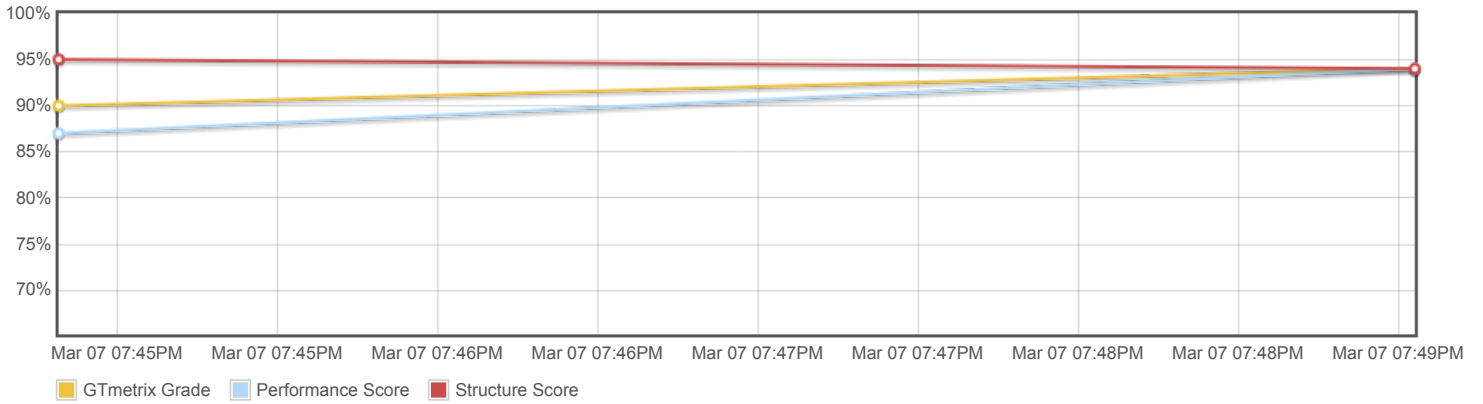
About GTmetrix



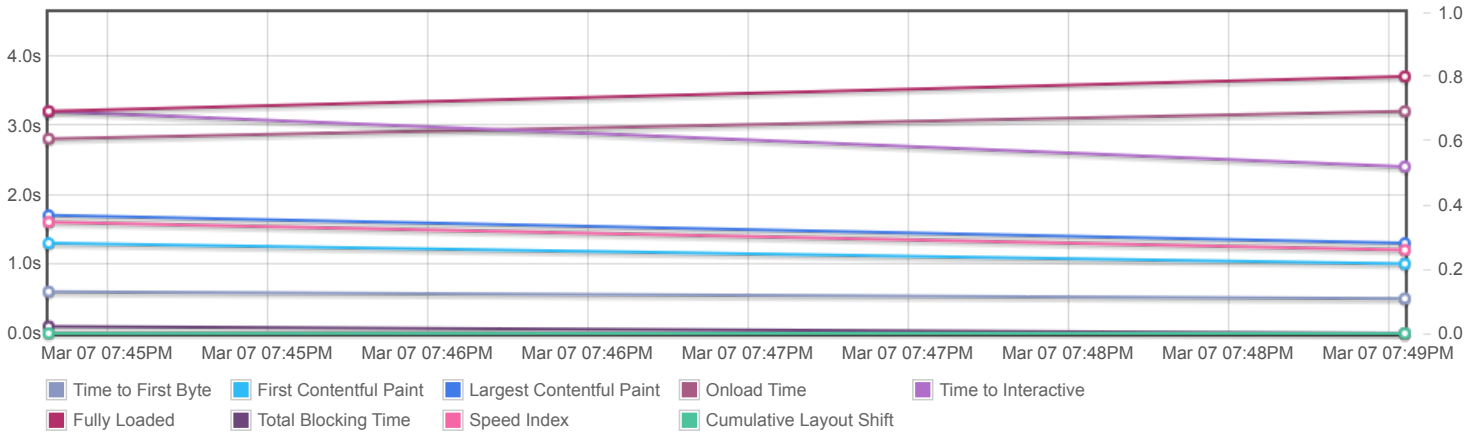
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

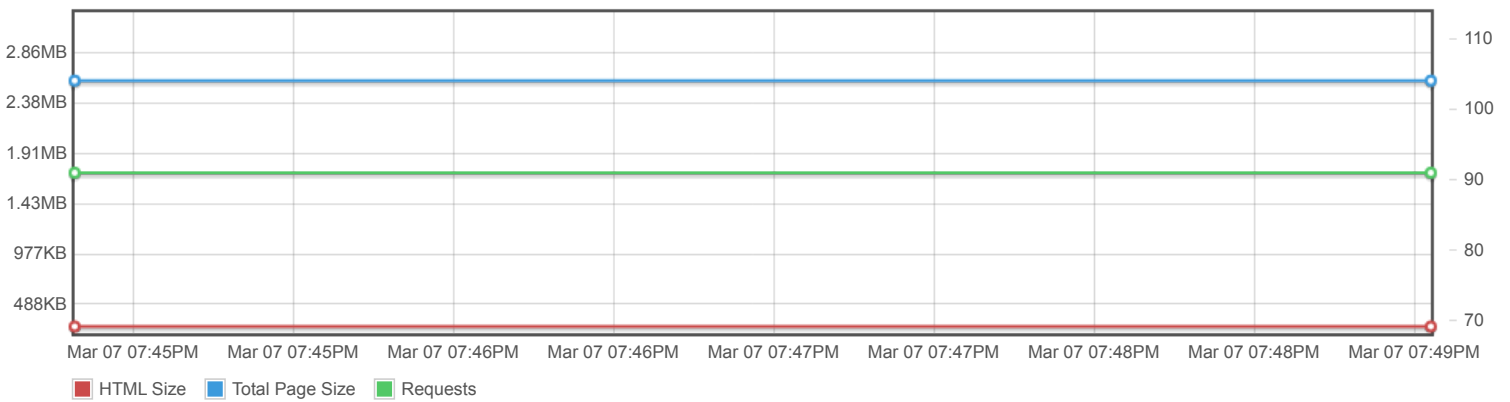
Page scores



Page metrics



Page sizes and request counts

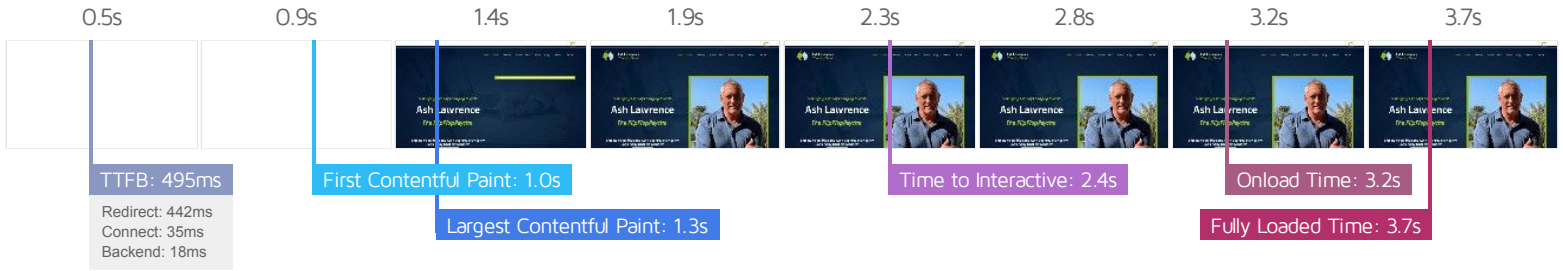


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home - Ash Lawrence Performance Psychologist Sports & Business

URL	Size	Type	Response Time
/	301	ashlawrence.co.uk	441ms
/	200	ashlawrence.co.uk	273KB
css?family=PT%20Sans%...	200	fonts.googleapis.com	1.03KB
fa-solid-900.woff2	200	ashlawrence.co.uk	76.5KB
bb-plugin.min.css?ver=4...	200	ashlawrence.co.uk	172B
style.min.css?ver=4.5.1	200	ashlawrence.co.uk	11.5KB
style.min.css?ver=6.4.3	200	ashlawrence.co.uk	14.2KB
style-index.css?ver=1709...	200	ashlawrence.co.uk	68B
all.min.css?ver=17097366...	200	ashlawrence.co.uk	12.6KB
style.css?ver=1709736640	200	ashlawrence.co.uk	3.15KB
6-layout.css?ver=170973...	200	ashlawrence.co.uk	15.3KB
bbpress.min.css?ver=2.6.9	200	ashlawrence.co.uk	5.16KB
cleantalk-public.min.css?...	200	ashlawrence.co.uk	553B
wpa.css?ver=1709736639	200	ashlawrence.co.uk	303B
woocommerce-layout.min...	200	ashlawrence.co.uk	2.07KB
woocommerce.min.css?v...	200	ashlawrence.co.uk	15.8KB
forms.min.css?ver=2.9.5.3	200	ashlawrence.co.uk	1.24KB
astra-addon-6563990721d...	200	ashlawrence.co.uk	9.63KB
style.css?ver=1709736639	200	ashlawrence.co.uk	412B
style.css?ver=1709736639	200	ashlawrence.co.uk	393B
jquery.min.js?ver=3.7.1	200	ashlawrence.co.uk	29.7KB
jquery-migrate.min.js?ver...	200	ashlawrence.co.uk	4.76KB
imagesloaded.min.js?ver...	200	ashlawrence.co.uk	1.76KB
apbct-public-bundle.min.j...	200	ashlawrence.co.uk	16.4KB
jquery.blockUI.js?ver=170...	200	ashlawrence.co.uk	3.76KB
add-to-cart.min.js?ver=8.4.0	200	ashlawrence.co.uk	1.07KB
js.cookie.min.js?ver=2.1....	200	ashlawrence.co.uk	980B
woocommerce.min.js?ver...	200	ashlawrence.co.uk	799B
jquery.cookie.min.js?ver=...	200	ashlawrence.co.uk	769B
tracking.min.js?ver=2.9.5.3	200	ashlawrence.co.uk	1.34KB
js?id=UA-67624605-1	200	googletagmanager.c...	70.2KB
formreset.min.css?ver=2....	200	ashlawrence.co.uk	402B
formsmain.min.css?ver=...	200	ashlawrence.co.uk	12.0KB
readyclass.min.css?ver=...	200	ashlawrence.co.uk	3.37KB
browsers.min.css?ver=2....	200	ashlawrence.co.uk	1.15KB
gravity-forms.min.css?ve...	200	ashlawrence.co.uk	322B
style.min.js?ver=4.5.1	200	ashlawrence.co.uk	3.18KB
site_tracking.js?ver=1709...	200	ashlawrence.co.uk	589B
jquery.fitvids.min.js?ver=...	200	ashlawrence.co.uk	800B
js_cookie.js?ver=1709736...	200	ashlawrence.co.uk	1.10KB
jquery.ba-throttle-deboun...	200	ashlawrence.co.uk	460B
jquery.mosaicflow.min.js...	200	ashlawrence.co.uk	1.72KB
jquery-masonry.js?ver=...	200	ashlawrence.co.uk	9.61KB
6-layout.js?ver=1709736642	200	ashlawrence.co.uk	14.1KB
wpa.js?ver=1709736639	200	ashlawrence.co.uk	988B
astra-addon-65639907238...	200	ashlawrence.co.uk	8.79KB
single-product-ajax-cart...	200	ashlawrence.co.uk	1.08KB
cart-fragments.min.js?ver...	200	ashlawrence.co.uk	1.02KB
wp-polyfill-inert.min.js?ve...	200	ashlawrence.co.uk	2.43KB
regenerator-runtime.min.j...	200	ashlawrence.co.uk	2.44KB
wp-polyfill.min.js?ver=3.1...	200	ashlawrence.co.uk	35.0KB
dom-ready.min.js?ver=39...	200	ashlawrence.co.uk	331B
hooks.min.js?ver=c6aec9...	200	ashlawrence.co.uk	1.53KB

i18n.min.js?ver=7701b0c...	200	ashlawrence.co.uk	3.61KB	196ms					
a11y.min.js?ver=7032343...	200	ashlawrence.co.uk	960B	194ms					
jquery.json.min.js?ver=2....	200	ashlawrence.co.uk	926B	272ms					
gravityforms.min.js?ver=...	200	ashlawrence.co.uk	12.9KB	274ms					
api.js?hl=en&ver=6.4.3	200	google.com	1.13KB	300ms					
lazyload.min.js	200	ashlawrence.co.uk	2.98KB	272ms					
woocommerce-smallscree...	200	ashlawrence.co.uk	959B	236ms					
helloquence-5fNmWej4tA...	200	ashlawrence.co.uk	558KB	38ms					
jizaRExUiTo99u79D0KEx...	200	fonts.gstatic.com	44.2KB	146ms					
uK_x4riEZv4o1w9ptjHPd...	200	fonts.gstatic.com	17.6KB	144ms					
symbol-defs.svg	200	ashlawrence.co.uk	13.9KB	18ms					
1-4.png	200	websitedemos.net	57.1KB	49ms					
parallax-1.png	200	websitedemos.net	17.1KB	150ms					
section03-free-img.jpg	200	websitedemos.net	303KB	163ms					
diffuser.js	200	diffuser-cdn.app-us1...	7.34KB	52ms					
js?id=G-ZBR1PV8HPM&l=...	200	googletagmanager.c...	82.4KB	43ms					
analytics.js	200	google-analytics.com	20.5KB	53ms					
?a=610364946&u=https%...	200	prism.app-us1.com	497B	436ms					
recaptcha_en.js	200	gstatic.com	194KB	51ms					
POST apbct_get_pixel_url	200	ashlawrence.co.uk	98B	674ms					
youtube.png	200	ashlawrence.co.uk	662B	16ms					
POST ?wc-ajax=get_refre...	200	ashlawrence.co.uk	574B	508ms					
ChangingMinds-logo.png	200	ashlawrence.co.uk	9.48KB	20ms					
Ash-New-profile-1.png	200	ashlawrence.co.uk	283KB	32ms					
hqdefault.jpg	200	i.ytimg.com	25.9KB	61ms					
Wily-old-fox-wisdom.jpg	200	ashlawrence.co.uk	31.7KB	18ms					
anchor?ar=1&k=6LczYJA...	200	google.com	28.0KB	56ms					
t_prism_sitemessages.ph...	200	trackcmp.net	315B	384ms					
styles__ltr.css	200	gstatic.com	24.0KB	28ms					
recaptcha_en.js	200	gstatic.com	194KB	41ms					
722MIWu_TMZiQau3mAa...	200	google.com	6.80KB	7ms					
logo_48.png	200	gstatic.com	2.18KB	10ms					
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB	106ms					
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB	107ms					
webworker.js?hl=en&v=Q...	200	google.com	135B	19ms					
f283214438939d456a6df4...	200	moderate2-v4.cleant...	258B	1.1s					
favicon.ico	302	ashlawrence.co.uk	0	464ms					
w-logo-blue-white-bg.png	200	ashlawrence.co.uk	4.02KB	13ms					
91 Requests 2.60MB (5.20MB Uncompressed) Fully Loaded 3.7s (Onload 3.2s)									



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>OK, but consider improvement</p> <p>1.0s</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>2.4s</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>1.2s</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>26ms</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>OK, but consider improvement</p> <p>1.3s</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</p>

Browser Timings

Redirect	442ms	Connect	35ms	Backend	18ms
TTFB	495ms	First Paint	1.0s	DOM Int.	1.4s
DOM Loaded	1.4s	Onload	3.2s	Fully Loaded	3.7s

IMPACT AUDIT

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 31ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://ashlawrence.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	14.2KB	159ms
https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/uploads/bb-plugin/icons/ultimate-icons/style.css?ver=1709736640	3.21KB	159ms
https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/uploads/bb-plugin/cache/6-layout.css?ver=1709736642	15.3KB	159ms
https://ashlawrence.co.uk/wp-content/plugins/bbpress/templates/default/css/bbpress.min.css?ver=2.6.9	5.21KB	159ms
https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=1709736639	15.9KB	319ms
https://ashlawrence.co.uk/wp-content/plugins/gravityforms/legacy/css/formsmain.min.css?ver=2.6.6	12.1KB	159ms
https://ashlawrence.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	29.7KB	319ms
https://ashlawrence.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1	4.81KB	159ms
https://ashlawrence.co.uk/wp-content/plugins/cleantalk-spam-protect/js/apbct-public-bundle.min.js?ver=6.24	16.5KB	159ms

Low

Serve images in next-gen formats

Potential savings of 706KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://ashlawrence.co.uk/wp-content/uploads/2020/02/helloquence-5fNmWej4tAA-unsplash-2.jpg	558KB	346KB
https://ashlawrence.co.uk/wp-content/uploads/2022/08/Ash-New-profile-1.png	283KB	181KB
https://websitedemos.net/nutritionist-03-wip/wp-content/uploads/sites/525/2019/08/section03-free-img.jpg	303KB	146KB
https://ashlawrence.co.uk/wp-content/uploads/2020/02/Wily-old-fox-wisdom.jpg	31.7KB	13.4KB
https://websitedemos.net/nutritionist-03-wip/wp-content/uploads/sites/525/2019/09/1-4.png	57.1KB	11.2KB
https://i.ytimg.com/vi/1k4eY2q_RoQ/hqdefault.jpg	25.9KB	9.35KB

Low

Reduce unused JavaScript LCP

Potential savings of 181KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	110KB
https://www.googletagmanager.com/gtag/js?id=G-ZBR1PV8HPM&i=dataLayer&cx=c	82.6KB	39.1KB
https://www.googletagmanager.com/gtag/js?id=UA-67624605-1	70.6KB	31.4KB

Low

Properly size images

Potential savings of 118KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://ashlawrence.co.uk/wp-content/uploads/2022/08/Ash-New-profile-1.png	283KB	118KB

Low **Avoid multiple page redirects** FCP LCP Potential savings of 441ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://ashlawrence.co.uk/	441ms
• https://ashlawrence.co.uk/	0ms

Low **Efficiently encode images** Potential savings of 76.7KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://ashlawrence.co.uk/wp-content/uploads/2020/02/helloquence-5fNmWej4tAA-unsplash-2.jpg	558KB	76.7KB

Low **Reduce JavaScript execution time** TBT 452ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• Unattributable	411ms	16ms	0ms
• https://ashlawrence.co.uk/	350ms	37ms	7ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	228ms	202ms	8ms
• https://ashlawrence.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	129ms	93ms	2ms
• https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/uploads/bb-plugin/cache/6-layout.js?ver=1709736642	91ms	33ms	1ms
• https://www.googletagmanager.com/gtag/js?id=UA-67624605-1	53ms	46ms	3ms

Low **Reduce unused CSS** FCP LCP Potential savings of 64.8KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=1709736639	15.9KB	15.3KB
• https://ashlawrence.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	14.2KB	14.2KB
• https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/plugins/bb-plugin/fonts/fontawesome/5.15.4/css/all.min.css?ver=1709736640	12.6KB	12.6KB
• https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/uploads/bb-plugin/cache/6-layout.css?ver=1709736642	15.3KB	11.8KB
• https://ashlawrence.co.uk/wp-content/plugins/gravityforms/legacy/css/formsmain.min.css?ver=2.6.6	12.1KB	11.0KB

Low **Defer offscreen images** Potential savings of 303KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://websitedemos.net/nutritionist-03-wp/wp-content/uploads/sites/525/2019/08/section03-free-img.jpg	303KB	303KB

Low

Avoid chaining critical requests FCP LCP

45 chains found

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.

Maximum critical path latency: **741ms**

INITIAL NAVIGATION



- <https://ashlawrence.co.uk/wp-content/plugins/bbpress/templates/default/css/bbpress.min.css?ver=2.6.9> 5.21KB, 28ms
- <https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/plugins/bb-plugin/fonts/fontawesome/5.15.4/css/all.min.css?ver=1709736640> 12.6KB, 26ms
- <https://ashlawrence.co.uk/wp-content/plugins/gravityforms/legacy/css/browsers.min.css?ver=2.6.6> 1.18KB, 125ms
- <https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/plugins/bb-ultimate-addon/assets/js/global-scripts/jquery-masonry.js?ver=1709736642> 9.64KB, 177ms
- <https://ashlawrence.co.uk/wp-includes/js/dist/a11y.min.js?ver=7032343a947cf5608> 994B, 184ms
- <https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/plugins/honeypot/includes/css/wpa.css?ver=1709736639> 337B, 26ms
- <https://ashlawrence.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1> 4.81KB, 110ms
- <https://ashlawrence.co.uk/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1> 1.56KB, 184ms
- <https://ashlawrence.co.uk/wp-includes/js/dist/dom-ready.min.js?ver=392bdd43726760d1f3ca> 388B, 184ms
- <https://ashlawrence.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1> 29.7KB, 128ms
- <https://ashlawrence.co.uk/wp-content/cache/min/1/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=1709736639> 15.9KB, 103ms

N/A **Largest Contentful Paint element** LCP 1,330 ms

This is the largest contentful element painted within the viewport.

ELEMENT

"Changing Lives by Changing Minds!" Ash Lawrence The FlipFlopPsycho Sign up to ...
`<div class="fl-row-content-wrap">`

PHASE	% OF LCP	TIMING
TTFB	37%	495ms
Load Delay	25%	337ms
Load Time	3%	36ms
Render Delay	34%	457ms

N/A **Reduce initial server response time** FCP LCP Root document took 17ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://ashlawrence.co.uk/	17ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 215B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://diffuser-cdn.app-us1.com/diffuser/diffuser.js	60B
Line:0 Column:9840	@babel/plugin-transform-classes
https://ashlawrence.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2	52B
Line:0 Column:452	@babel/plugin-transform-classes
https://ashlawrence.co.uk/wp-content/plugins/cleantalk-spam-protect/js/apbct-public-bundle.min.js?ver=6.24	43B
Line:0 Column:4383	@babel/plugin-transform-classes
https://ashlawrence.co.uk/	30B
Line:1 Column:615	@babel/plugin-transform-classes
https://ashlawrence.co.uk/	30B
Line:2 Column:524	@babel/plugin-transform-classes

N/A

Avoid large layout shifts CLS

5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Ash Lawrence 	0.00
Home About Seminars Success Stories Books Blog Podcast Contact <div class="ast-main-header-bar-alignment">	0.00
Sign up to my blog and Get Your Free copy of my Book "Wily Old Fox Wisdom" <h4>	0.00
The FlipFlopPsycho 	0.00
"Changing Lives by Changing Minds!" 	0.00

N/A

Minimize main-thread work TBT

Main-thread busy for 1.5s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	599ms
Other	462ms
Style & Layout	277ms
Parse HTML & CSS	75ms
Script Parsing & Compilation	41ms
Rendering	29ms
Garbage Collection	19ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 8ms

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.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE CDN	417KB	8ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	8ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css	24.6KB	0ms
WEBSITEDEMOS.NET	379KB	0ms
• https://websitedemos.net/nutritionist-03-wip/wp-content/uploads/sites/525/2019/08/section03-free-img.jpg	304KB	0ms
• https://websitedemos.net/nutritionist-03-wip/wp-content/uploads/sites/525/2019/09/1-4.png	57.7KB	0ms
GOOGLE TAG MANAGER	153KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-ZBR1PV8HPM&l=dataLayer&cx=c	82.6KB	0ms
• https://www.googletagmanager.com/gtag/js?id=UA-67624605-1	70.6KB	0ms
GOOGLE FONTS	94.4KB	0ms
• https://fonts.gstatic.com/s/ptsans/v17/jizaRExUiTo99u79D0KExQ.woff2	44.4KB	0ms
• https://fonts.gstatic.com/s/sarala/v12/uK_x4riEZv4o1w9ptjIHPd-Z.woff2	18.2KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	36.5KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LczYJApAAAAANImp6S_gzoN6Pb-jdTgEHZmMBZo&co=aHR0cHM6Ly9hc2hsYXdyZW5jZS5jby51azo0NDM.&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&theme=light&size=invisible&badge=bottomleft&cb=6zeprv473jgg	28.0KB	0ms
• https://www.google.com/js/bg/722MIWu_TMZiQau3mAaarHtCk2pd6rTYw5oNsH4wR_g.js	7.20KB	0ms
YOUTUBE	26.3KB	0ms
• https://i.ytimg.com/vi/1k4eY2q_RoQ/hqdefault.jpg	26.3KB	0ms
GOOGLE ANALYTICS	20.8KB	0ms
• https://www.google-analytics.com/analytics.js	20.8KB	0ms
ACTIVECAMPAIGN	8.13KB	0ms
• https://diffuser-cdn.app-us1.com/diffuser/diffuser.js	7.34KB	0ms
CLEANTALK.ORG	258B	0ms

No user timings and/or marks found.
