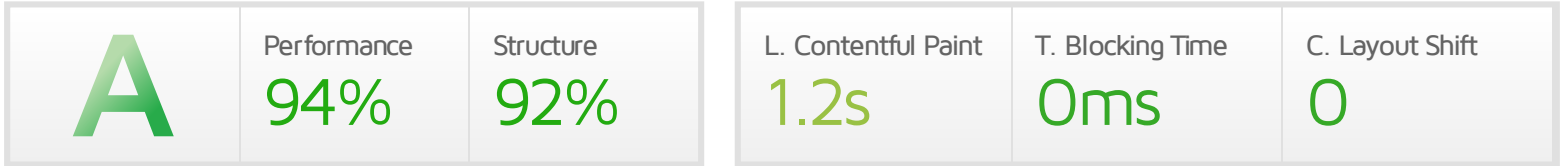




# Performance Report for: <https://www.tenwise.nl/wp/>

Report generated: Tue, Mar 12, 2024 1:21 AM -0700  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



## Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 608ms
Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med	Serve static assets with an efficient cache policy	Potential savings of 665KB
Med-Low	Use a Content Delivery Network (CDN)	24 resources found
Low	Use passive listeners to improve scrolling performance	1 event listener not passive

## Page Details



Total Page Size - 766KB



Total Page Requests - 33



Legend: 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

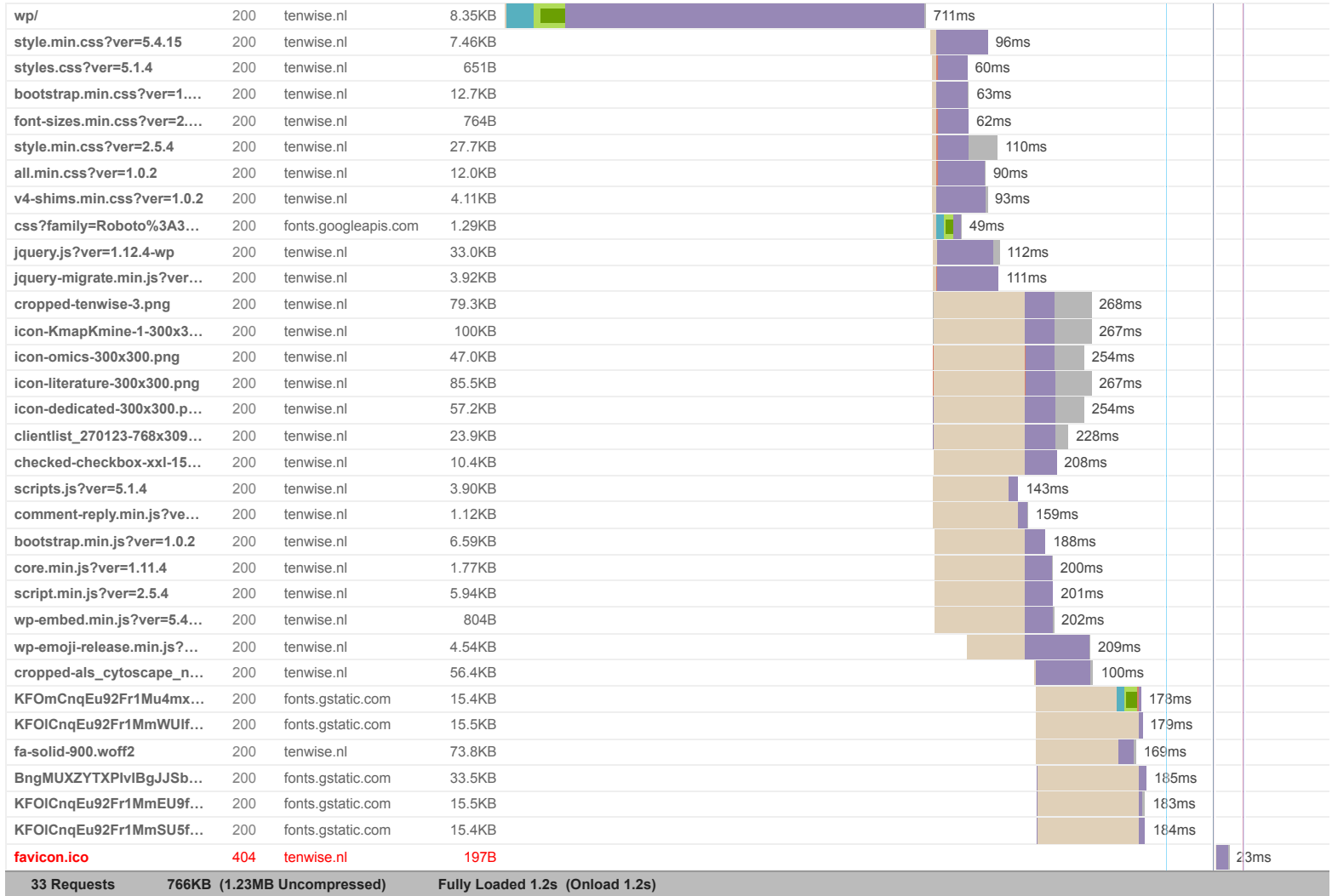


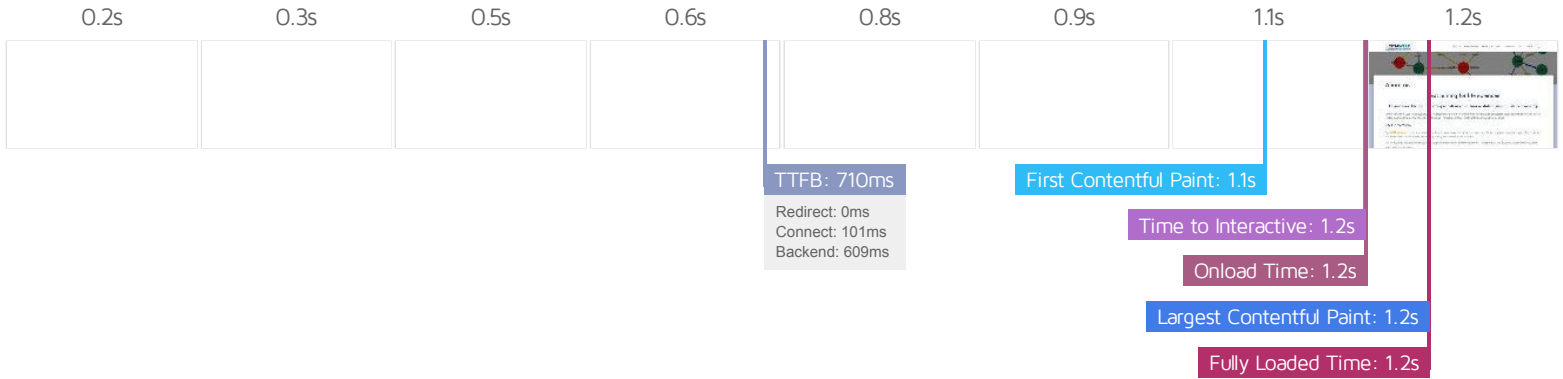
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

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.

TenWise – Making sense of data





### Performance Metrics

<p><b>First Contentful Paint</b></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><b>1.1s</b></p>	<p><b>Time to Interactive</b></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><b>1.2s</b></p>
<p><b>Speed Index</b></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><b>1.2s</b></p>	<p><b>Total Blocking Time</b></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><b>0ms</b></p>
<p><b>Largest Contentful Paint</b></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><b>1.2s</b></p>	<p><b>Cumulative Layout Shift</b></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><b>0</b></p>

### Browser Timings

Redirect	0ms	Connect	101ms	Backend	609ms
TTFB	710ms	First Paint	1.1s	DOM Int.	1.1s
DOM Loaded	1.2s	Onload	1.2s	Fully Loaded	1.2s

IMPACT AUDIT

Low

**Avoid enormous network payloads** LCP

Total size was 772KB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-KmapKmine-1-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-KmapKmine-1-300x300.png</a>	101KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-literature-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-literature-300x300.png</a>	85.7KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-tenwise-3.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-tenwise-3.png</a>	79.5KB
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/webfonts/fa-solid-900.woff2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/webfonts/fa-solid-900.woff2</a>	73.8KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-dedicated-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-dedicated-300x300.png</a>	57.4KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-als_cytoscape_new-1.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-als_cytoscape_new-1.png</a>	56.6KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-omics-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-omics-300x300.png</a>	47.2KB
<a href="https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPlvIBgJJSb6ufN5gU.woff2">https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPlvIBgJJSb6ufN5gU.woff2</a>	33.7KB
<a href="https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp">https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp</a>	33.2KB
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4">https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4</a>	27.9KB

Low

**Properly size images**

Potential savings of 86.4KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-tenwise-3.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-tenwise-3.png</a>	79.3KB	72.4KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2023/01/clientlist_270123-768x309.jpg">https://www.tenwise.nl/wp/wp-content/uploads/2023/01/clientlist_270123-768x309.jpg</a>	23.9KB	14.0KB

Low

**Ensure text remains visible during webfont load** FCP LCP

6 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
<a href="https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2</a>	42ms
<a href="https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmWUlfBBc4.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmWUlfBBc4.woff2</a>	43ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/webfonts/fa-solid-900.woff2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/webfonts/fa-solid-900.woff2</a>	33ms
<a href="https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPlvIBgJJSb6ufN5gU.woff2">https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPlvIBgJJSb6ufN5gU.woff2</a>	50ms
<a href="https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmEU9fBBc4.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmEU9fBBc4.woff2</a>	47ms
<a href="https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2</a>	47ms

Low

**Avoid long main-thread tasks** TBT

1 long task found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
<a href="https://www.tenwise.nl/wp/">https://www.tenwise.nl/wp/</a>	880ms	145ms

Low

Reduce unused CSS FCP LCP

Potential savings of 48.3KB

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
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4">https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4</a>	27.9KB	24.9KB
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/all.min.css?ver=1.0.2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/all.min.css?ver=1.0.2</a>	12.2KB	12.1KB
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/css/bootstrap.min.css?ver=1.0.2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/css/bootstrap.min.css?ver=1.0.2</a>	12.8KB	11.3KB

Low

## Serve images in next-gen formats

Potential savings of 359KB

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
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-KmapKmine-1-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-KmapKmine-1-300x300.png</a>	100KB	87.5KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-literature-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-literature-300x300.png</a>	85.5KB	75.5KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-tenwise-3.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-tenwise-3.png</a>	79.3KB	63.5KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-dedicated-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-dedicated-300x300.png</a>	57.2KB	51.1KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-omics-300x300.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/icon-omics-300x300.png</a>	47.0KB	38.9KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-als_cytoscape_new-1.png">https://www.tenwise.nl/wp/wp-content/uploads/2019/11/cropped-als_cytoscape_new-1.png</a>	56.4KB	31.8KB
<a href="https://www.tenwise.nl/wp/wp-content/uploads/2023/01/clientlist_270123-768x309.jpg">https://www.tenwise.nl/wp/wp-content/uploads/2023/01/clientlist_270123-768x309.jpg</a>	23.9KB	11.0KB

Low

Avoid non-composited animations CLS

1 animated element found

Animations which are not composited can be janky and increase CLS.

ELEMENT

NAME

Search for: Search ...

```
<form role="search" method="get" class="search-form form-group" action="https://www.tenwise.nl/wp/">
```

Unsupported CSS Property: margin-bottom

margin-bottom

Low

Avoid chaining critical requests FCP LCP

20 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: 1.1s

INITIAL NAVIGATION

<a href="https://www.tenwise.nl/wp/">https://www.tenwise.nl/wp/</a> 8.60KB, 708ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/css/bootstrap.min.css?ver=1.0.2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/css/bootstrap.min.css?ver=1.0.2</a> 12.8KB, 58ms
<a href="https://www.tenwise.nl/wp/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.4">https://www.tenwise.nl/wp/wp-content/plugins/contact-form-7/includes/js/scripts.js?ver=5.1.4</a> 4.08KB, 16ms
<a href="https://www.tenwise.nl/wp/wp-includes/js/wp-embed.min.js?ver=5.4.15">https://www.tenwise.nl/wp/wp-includes/js/wp-embed.min.js?ver=5.4.15</a> 991B, 51ms
<a href="https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1">https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.4.1</a> 4.10KB, 106ms
<a href="https://www.tenwise.nl/wp/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.1.4">https://www.tenwise.nl/wp/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.1.4</a> 824B, 55ms
<a href="https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp">https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp</a> 33.2KB, 107ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4">https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4</a> 27.9KB, 105ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/js/script.min.js?ver=2.5.4">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/js/script.min.js?ver=2.5.4</a> 6.12KB, 50ms

- <https://www.tenwise.nl/wp/wp-includes/js/jquery/ui/core.min.js?ver=1.11.4> 1.95KB, 49ms
- <https://www.tenwise.nl/wp/wp-includes/js/comment-reply.min.js?ver=5.4.15> 1.30KB, 18ms
- <https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/css/font-sizes.min.css?ver=2.5.4> 937B, 56ms
- <https://www.tenwise.nl/wp/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15> 7.63KB, 90ms
- <https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/js/bootstrap.min.js?ver=1.0.2> 6.78KB, 37ms
- <https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/v4-shims.min.css?ver=1.0.2> 4.28KB, 88ms
- <https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/all.min.css?ver=1.0.2> 12.2KB, 85ms
- <https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/webfonts/fa-solid-900.woff2> 73.8KB, 33ms
- <https://fonts.googleapis.com/css?family=Roboto%3A300%2C400%2C500%2C700%7CRoboto+Slab%3A400%2C700&subset=latin%2Clatin-ext&ver=2.5.4> 1.29KB, 43ms
- <https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPiviBgJJsb6ufN5qU.woff2> 33.7KB, 50ms
- <https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmWUlfBBc4.woff2> 15.6KB, 43ms
- <https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2> 15.5KB, 47ms
- <https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2> 15.9KB, 42ms
- <https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmEU9fBBc4.woff2> 15.7KB, 47ms

N/A **Avoid an excessive DOM size** TBT 207 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		207
Maximum DOM Depth	div.col-sm-6 > p > a > img.alignnone 	14
Maximum Child Elements	div#main-navigation > ul#menu-mainmenu > li#menu-item-763 > ul.dropdown-menu <ul role="menu" class="dropdown-menu" style="right: 100%; left: auto;">	17

N/A **Largest Contentful Paint element** LCP 1,240 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
body.home > div.wrapper > div#primary > div.header-filter
<div class="header-filter" style="background-image: url(&quot;https://www.tenwise.nl/wp/wp-content/uploads/2019/11...&quot;);">
```

PHASE	% OF LCP	TIMING
TTFB	57%	709ms
Load Delay	15%	185ms

PHASE	% OF LCP	TIMING
Load Time	8%	99ms
Render Delay	20%	249ms

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 18ms

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
<a href="https://www.tenwise.nl/wp/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15">https://www.tenwise.nl/wp/wp-includes/css/dist/block-library/style.min.css?ver=5.4.15</a>	7.63KB	160ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/css/bootstrap.min.css?ver=1.0.2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/bootstrap/css/bootstrap.min.css?ver=1.0.2</a>	12.8KB	160ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4">https://www.tenwise.nl/wp/wp-content/themes/hestia/style.min.css?ver=2.5.4</a>	27.9KB	320ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/all.min.css?ver=1.0.2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/all.min.css?ver=1.0.2</a>	12.2KB	160ms
<a href="https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/v4-shims.min.css?ver=1.0.2">https://www.tenwise.nl/wp/wp-content/themes/hestia/assets/font-awesome/css/v4-shims.min.css?ver=1.0.2</a>	4.28KB	160ms
<a href="https://fonts.googleapis.com/css?family=Roboto%3A300%2C400%2C500%2C700%7CRoboto+Slab%3A400%2C700&amp;subset=latin%2Clatin-ext&amp;ver=2.5.4">https://fonts.googleapis.com/css?family=Roboto%3A300%2C400%2C500%2C700%7CRoboto+Slab%3A400%2C700&amp;subset=latin%2Clatin-ext&amp;ver=2.5.4</a>	1.29KB	761ms
<a href="https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp">https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp</a>	33.2KB	320ms

N/A **Reduce JavaScript execution time** TBT 94ms 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
<a href="https://www.tenwise.nl/wp/">https://www.tenwise.nl/wp/</a>	275ms	47ms	1ms
Unattributable	118ms	6ms	0ms
<a href="https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp">https://www.tenwise.nl/wp/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp</a>	58ms	36ms	1ms

N/A **Avoid large layout shifts** CLS 1 element found

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

ELEMENT	CLS CONTRIBUTION
ABOUT US KMAP PLATFORM PRODUCTS TEAM DOWNLOADS FAQ NEWS Search for: Search ... <div id="main-navigation" class="collapse navbar-collapse">	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 513ms

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



CATEGORY	TIME SPENT
Style & Layout	185ms
Other	178ms
Script Evaluation	104ms
Parse HTML & CSS	28ms
Rendering	10ms
Script Parsing & Compilation	5ms

N/A

**Reduce the impact of third-party code** TBT

Total size was 97.6KB

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
<b>GOOGLE FONTS</b>	97.6KB	0ms
• <a href="https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPlvIBgJJSb6ufN5qU.woff2">https://fonts.gstatic.com/s/robotoslab/v34/BngMUXZYTXPlvIBgJJSb6ufN5qU.woff2</a>	33.7KB	0ms
• <a href="https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2</a>	15.9KB	0ms
• <a href="https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmEU9fBBc4.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmEU9fBBc4.woff2</a>	15.7KB	0ms
• <a href="https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmWUlfBBc4.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmWUlfBBc4.woff2</a>	15.6KB	0ms
• <a href="https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2">https://fonts.gstatic.com/s/roboto/v30/KFOICnqEu92Fr1MmSU5fBBc4.woff2</a>	15.5KB	0ms

N/A

**Avoid serving legacy JavaScript to modern browsers** TBT

Nothing to do here, good job!

N/A

**User Timing marks and measures**

No user timings and/or marks found.