

# Performance

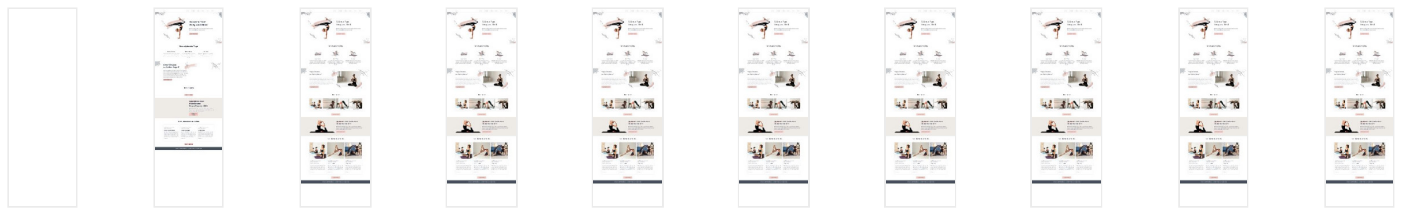
## Metrics



|                          |       |                         |       |
|--------------------------|-------|-------------------------|-------|
| First Contentful Paint   | 0.3 s | Time to Interactive     | 0.3 s |
| Speed Index              | 0.5 s | Total Blocking Time     | 0 ms  |
| Largest Contentful Paint | 0.7 s | Cumulative Layout Shift | 0.071 |

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

[View Original Trace](#)



Show audits relevant to:  All  FCP  LCP  TBT  CLS

**Opportunities** — These suggestions can help your page load faster. They don't [directly affect](#) the Performance score.

| Opportunity          | Estimated Savings |
|----------------------|-------------------|
| Properly size images | 0.44 s            |

**Diagnostics** — More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

- ▲ Image elements do not have explicit [width](#) and [height](#)
- ▲ Serve static assets with an efficient cache policy — 20 resources found

Avoid chaining critical requests — 3 chains found



Keep request counts low and transfer sizes small — 23 requests • 1,680 KiB



Largest Contentful Paint element — 1 element found



Avoid large layout shifts — 5 elements found



**Passed audits (30)**



## Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

**Additional items to manually check (10)** — These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

**Passed audits (17)**



**Not applicable (27)**



## Best Practices

**Passed audits (17)**



**Not applicable (1)**



## SEO

These checks ensure that your page is optimized for search engine results ranking. There are additional factors Lighthouse does not check that may affect your search ranking. [Learn more](#).

**Additional items to manually check (1)** — Run these additional validators on your site to check additional SEO best practices. ▼

**Passed audits (11)** ▼

**Not applicable (3)** ▼

---

#### Runtime Settings

|                             |   |
|-----------------------------|---|
| <b>URL</b>                  | https://yoga.anelym.fr/   |
| <b>Fetch Time</b>           | Aug 16, 2021, 2:51 PM GMT+2   |
| <b>Device</b>               | Emulated Desktop  |
| <b>Network throttling</b>   | 40 ms TCP RTT, 10,240 Kbps throughput (Simulated)   |
| <b>CPU throttling</b>       | 1x slowdown (Simulated)   |
| <b>Channel</b>              | devtools  |
| <b>User agent (host)</b>    | Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/92.0.4515.131 Safari/537.36                       |
| <b>User agent (network)</b> | Mozilla/5.0 (Macintosh; Intel Mac OS X 10_14_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/90.0.4420.0 Safari/537.36 Chrome-Lighthouse |
| <b>CPU/Memory Power</b>     | 1644  |
| <b>Axe version</b>          | 4.1.3   |

Generated by **Lighthouse** 7.5.0 | [File an issue](#)