








Seo Analyzer fellrnr.com

Generated on March 17 2022 17:54 PM





The score is 63/100







SEO Content

	Title	<p>Fellrnr.com, Running tips</p> <p>Length : 25</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1249 1481 1653"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Fellrnr.com, Running tips</td> </tr> <tr> <td>image</td> <td>https://fellrnr.com/mediawiki/images/FellrnrLogoFull-135.png</td> </tr> <tr> <td>url</td> <td>http:https://fellrnr.com/wiki/Main_Page</td> </tr> </tbody> </table>	Property	Content	type	website	title	Fellrnr.com, Running tips	image	https://fellrnr.com/mediawiki/images/FellrnrLogoFull-135.png	url	http:https://fellrnr.com/wiki/Main_Page		
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	Headings	<table border="1" data-bbox="539 1686 1481 1753"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>13</td> <td>1</td> <td>5</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1787 1161 2078" style="list-style-type: none"> • [H1] Main Page • [H1] 1 Running for Beginners • [H1] 2 Advanced Running • [H1] 3 Training • [H1] 4 Running Marathons • [H1] 5 Ultrarunning • [H1] 6 Nutrition and Weight Loss • [H1] 7 Ketogenic Diet • [H1] 8 Injury Prevention and Recovery 	H1	H2	H3	H4	H5	H6	13	1	5	0	0	0
H1	H2	H3	H4	H5	H6									
13	1	5	0	0	0									

SEO Content

		<ul style="list-style-type: none">• [H1] 9 Product Reviews• [H1] 10 Software• [H1] 11 Controversial Topics• [H1] 12 Recent Changes• [H2] Navigation menu• [H3] Views• [H3] Personal tools• [H3] Navigation• [H3] Search• [H3] Tools
	Images	We found 1 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : 5% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Bad. Your links have query string.
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 104 links including 2 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
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In-page links

navigation	Internal	Passing Juice
search	Internal	Passing Juice
Trust No One	Internal	Passing Juice
Science of Running	Internal	Passing Juice
Documentation Is Evil	Internal	Passing Juice
Contact Me	Internal	Passing Juice
Running for Beginners	Internal	Passing Juice
Starting to run	Internal	Passing Juice
Motivation	Internal	Passing Juice
Cadence	Internal	Passing Juice
Advanced Running	Internal	Passing Juice
Stillness in Motion	Internal	Passing Juice
Running Form	Internal	Passing Juice
Altitude Training	Internal	Passing Juice
Training	Internal	Passing Juice
recovery, not exercise, makes you fitter	Internal	Passing Juice
what happens when you do endurance training	Internal	Passing Juice
Long Run	Internal	Passing Juice
High Intensity Interval Training	Internal	Passing Juice
Running Marathons	Internal	Passing Juice
Top 10 Marathon Training Mistakes	Internal	Passing Juice
Top 10 Marathon Racing Mistakes	Internal	Passing Juice
Negative Splits	Internal	Passing Juice
Impact of Heat on Marathon Performance	Internal	Passing Juice
A Comparison of Marathon Training Plans	Internal	Passing Juice
Ultrarunning	Internal	Passing Juice
Essential Ultrarunning Tips	Internal	Passing Juice
Fixing problems in Ultramarathons	Internal	Passing Juice

In-page links

Ultramarathon Training Plans	Internal	Passing Juice
Nutrition	Internal	Passing Juice
important	Internal	Passing Juice
when to eat specific foods	Internal	Passing Juice
The Runners Diet	Internal	Passing Juice
Fiber	Internal	Passing Juice
Potassium	Internal	Passing Juice
Ketogenic Diet	Internal	Passing Juice
ketogenic diet has the potential to help with a number of health conditions	Internal	Passing Juice
some significant potential health risks	Internal	Passing Juice
Injury Prevention and Recovery	Internal	Passing Juice
Massage	Internal	Passing Juice
Cryotherapy	Internal	Passing Juice
Product Reviews	Internal	Passing Juice
Running Shoes	Internal	Passing Juice
GPS Watches	Internal	Passing Juice
MP3 Players	Internal	Passing Juice
Running Lights	Internal	Passing Juice
Energy Gels	Internal	Passing Juice
Software	Internal	Passing Juice
VDOT Calculator	Internal	Passing Juice
Marathon Pace Band	Internal	Passing Juice
SportTracks Dailymile Plugin	Internal	Passing Juice
Hypoxic Timer	Internal	Passing Juice
Intermittent Hypoxic Exposure	Internal	Passing Juice
High Speed Video Analysis	Internal	Passing Juice
Tempo Runs	Internal	Passing Juice
Downhill Running	Internal	Passing Juice

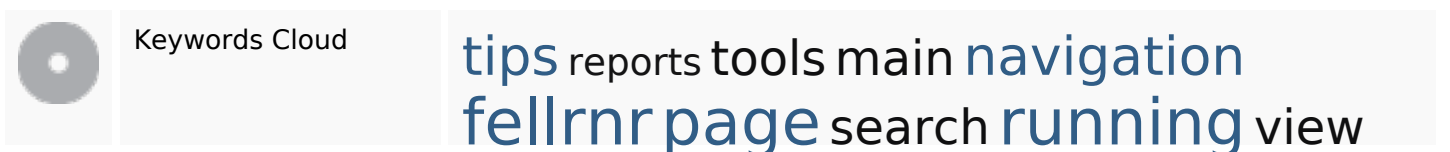
In-page links

Overtraining Syndrome	Internal	Passing Juice
running 3-4 time per week is optimal	Internal	Passing Juice
Maximum Heart Rate	Internal	Passing Juice
Lactate Threshold	Internal	Passing Juice
Shoe Modifications	Internal	Passing Juice
Running Economy	Internal	Passing Juice
Critical Power	Internal	Passing Juice
Muscle	Internal	Passing Juice
Plyometrics	Internal	Passing Juice
The Science of Running Economy	Internal	Passing Juice
Solos Smart Glasses	Internal	Passing Juice
Heat Acclimation Training	Internal	Passing Juice
Running in the Heat	Internal	Passing Juice
Humon	Internal	Passing Juice
3AOT	Internal	Passing Juice
HrPwr	Internal	Passing Juice
Test	Internal	Passing Juice
Cycling HIIT For Runners	Internal	Passing Juice
Stryd	Internal	Passing Juice
Moxy	Internal	Passing Juice
Zero Power Heart Rate	Internal	Passing Juice
Resting Heart Rate	Internal	Passing Juice
North Pole Engineering Runn Treadmill Sensor	Internal	Passing Juice
Heart Rate Drift	Internal	Passing Juice
Muscle Oxygen Saturation	Internal	Passing Juice
Medium Intensity High Volume Intervals	Internal	Passing Juice
Reebok Floatride Run Fast Pro	Internal	Passing Juice
Reebok Reebok Floatride Run Fast Pro	Internal	Passing Juice

In-page links

North Pole Engineering Runn Treadmill Sensor.docx	Internal	Passing Juice
Altra Kayenta	Internal	Passing Juice
Altra One 3	Internal	Passing Juice
Vitamin C	Internal	Passing Juice
Protein	Internal	Passing Juice
http://fellrnr.com/mediawiki/index.php?title=Main_Page&:oldid=11267	Internal	Passing Juice
Main page	Internal	Passing Juice
View source	Internal	Passing Juice
History	Internal	Passing Juice
Running Calculator	Internal	Passing Juice
About Fellrnr	Internal	Passing Juice
Race Reports	Internal	Passing Juice
What links here	Internal	Passing Juice
Related changes	Internal	Passing Juice
Special pages	Internal	Passing Juice
Printable version	Internal	Passing Juice
Permanent link	Internal	Passing Juice
Page information	Internal	Passing Juice
About Fellrnr.com, Running tips	Internal	Passing Juice
Mobile view	Internal	Passing Juice

SEO Keywords




Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
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Keywords Consistency

running	5	✓	✗	✗	✓
fellnr	4	✓	✗	✗	✗
page	4	✗	✗	✗	✓
tips	3	✓	✗	✗	✗
navigation	3	✗	✗	✗	✓


Usability

	Url	Domain : fellnr.com Length : 11
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.


Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 4
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.





Document

	Speed Tips	<ul style="list-style-type: none">✓ Excellent, your website doesn't use nested tables.✓ Perfect. No inline css has been found in HTML tags!✓ Great, your website has few CSS files.✓ Perfect, your website has few JavaScript files.✓ Perfect, your website takes advantage of gzip.
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Mobile

	Mobile Optimization	<ul style="list-style-type: none">✓ Apple Icon✗ Meta Viewport Tag✓ Flash content
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Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p>http://fellrnr.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <ul style="list-style-type: none"> Google Analytics