

Website review crossfitlagonorte.com

Generated on June 10 2026 23:18 PM

The score is 44/100



SEO Content

	Title	Crossfit Lago Norte Length : 19 Perfect, your title contains between 10 and 70 characters.																
	Description	Length : 0 Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.																
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.																
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><tr><th>Property</th><th>Content</th></tr><tr><td>locale</td><td>pt_BR</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>CrossFit Lago Norte</td></tr><tr><td>description</td><td>O CrossFit Lago Norte tem o prazer de trazer um box completo, com equipamentos Rogue® e coaches competentes para você. Venha conhecer e fazer sua aula experimental!!!</td></tr><tr><td>url</td><td>/index.html</td></tr><tr><td>site_name</td><td>Crossfit Lago Norte</td></tr><tr><td>image</td><td>/site/wp-content/uploads/2014/10/logo-site.png</td></tr></table>	Property	Content	locale	pt_BR	type	website	title	CrossFit Lago Norte	description	O CrossFit Lago Norte tem o prazer de trazer um box completo, com equipamentos Rogue® e coaches competentes para você. Venha conhecer e fazer sua aula experimental!!!	url	/index.html	site_name	Crossfit Lago Norte	image	/site/wp-content/uploads/2014/10/logo-site.png
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	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>3</td><td>0</td><td>3</td><td>0</td><td>0</td><td>0</td></tr></table> • [H1] Crossfit Lago Norte • [H1] Bem-vindo ao CrossFit Lago Norte!! • [H1] O que é CrossFit? • [H3] Redes Sociais	H1	H2	H3	H4	H5	H6	3	0	3	0	0	0				
H1	H2	H3	H4	H5	H6													
3	0	3	0	0	0													

SEO Content

		• [H3] Localização • [H3] Contatos
	Images	We found 3 images on this web page. 2 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 15% Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	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 9 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

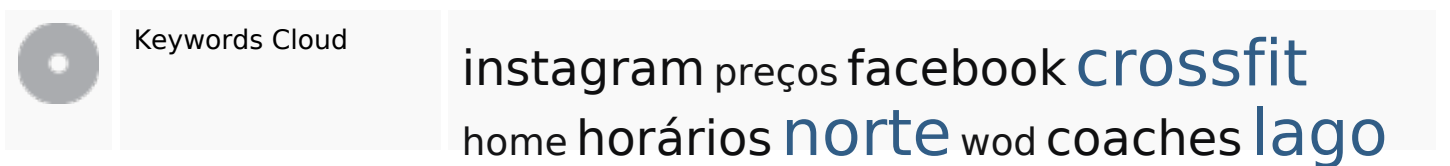
In-page links

Anchor	Type	Juice
Crossfit Lago Norte	Internal	Passing Juice
Wodify login	Internal	Passing Juice
Wod	Internal	Passing Juice

In-page links

Coaches	Internal	Passing Juice
Horários e preços	Internal	Passing Juice
Dúvidas frequentes	Internal	Passing Juice
Contato	Internal	Passing Juice
Instagram	Internal	Passing Juice
Facebook	Internal	Passing Juice

SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
crossfit	4	✓	✗	✗	✓
lago	4	✓	✗	✗	✓
norte	4	✓	✗	✗	✓
coaches	2	✗	✗	✗	✗
horários	2	✗	✗	✗	✗

Usability

	Url	Domain : crossfitlagonorte.com Length : 21
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is pt.

Usability

		
	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 : 0
	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.
	Speed Tips	 Excellent, your website doesn't use nested tables.  Too bad, your website is using inline styles.  Too bad, your website has too many CSS files (more than 4).  Too bad, your website has too many JS files (more than 6).  Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	 Apple Icon  Meta Viewport Tag  Flash content
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Optimization

	XML Sitemap	Missing Your website does not have an XML sitemap - this can be problematic. 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.
	Robots.txt	http://crossfitlagonorte.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics