

Website review guido-conrad.de

Generated on March 30 2025 09:29 AM

The score is 49/100



SEO Content

	Title	Guido Conrad's Blog Nahrungsergänzungen und Sportnahrung: Style your body !					
		Length : 82					
		Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.					
	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	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.					
	Headings	H1 12	H2 25	H3 9	H4 0	H5 0	H6 0
		• [H1] Guido Conrad's Blog • [H1] Powerstar Food Athlet des Monats: Martin Kleemann • [H1] Powerstar Food Athlet des Monats: Klaus Neis und Hans-Jürgen Kühler • [H1] Powerstar Food Athlet des Monats: André Walter • [H1] Powerstar Food Athlet des Monats: Michael Bier • [H1] Powerstar Food: Wechsel zu pflanzlichen Cellulosekapseln – eine Ethikfrage • [H1] Powerstar Food Athlet des Monats: Carl Morris Magold • [H1] C5 ENERGY • [H1] Finn Grieser's XTREME KRASS WOCHE 19 – Kritik an Definitionsphase! Kein Sixpack? • [H1] Powerstar Food Athlet des Monats Oktober 2016 ist Timo Zimmer • [H1] Stephanie Theiler: Meine bisherigen Erfahrungen mit veganen Supplements					

SEO Content

- [H1] POWERSTAR FOOD auf der Liste der hundefreundlichen Unternehmen
- [H2] Nahrungsergänzungen und Sportnahrung: Style your body !
- [H2] Also stellte ich mein Training von Kraftsport auf Bodybuilding um und somit auch die Ernährung.
- [H2] Nun kam mein nächster Wunsch an die Reihe, den ich seit 22 Jahren hatte, ich wollte auf die Bühne.
- [H2] Die tollen Produkte von Powerstar haben mir sehr geholfen: CFM Isolat Protein, Hyper BCAA, Shape Faktor und Fatburner
- [H2] Der Outrigger stammt ursprünglich aus Hawaii und ist ein Auslegerkanu, mit welchem Rennen über 10.000 m bis 20.000 m und mehr in den Klassen OC1, OC2, OC4 und OC6 ausgetragen werden.
- [H2] Mit 70 Jahren noch genau so aktiv wie viele Leistungssportler in diesem Bereich mit 30 Jahren.
- [H2] Wir nutzen für unseren Sport unter anderem die Produkte SUPER HI PRO 128, BCAA Caps, Beta-Alanin, Workout 7, und Coffee Plus. Tipp: In unserem Onlineshop findest du unsere aktuellen Sale und Sonderangebote.
- [H2] Das darfst Du nicht verpassen! Folge uns auf Facebook und gewinne mit etwas Glück 1 Ticket für den World Fitness Day in Frankfurt!
- [H2] 2 Jahre lang hat mir das auch gereicht, dann habe ich den Kampfsport für mich entdeckt.
- [H2] Die Liebe zum Eisen hat die Überhand gewonnen:
- [H2] Seitdem arbeite auf meinen 1. Auftritt im Juli in Köln auf der Cologne Beach Style hin.
- [H2] Warum geht POWERSTAR FOOD diesen Schritt?
- [H2] Und meinen ganz klar: NEIN!
- [H2] Folgende POWERSTAR FOOD Produkte sind bereits jetzt in pflanzlichen Cellulosekapseln erhältlich oder momentan in der Umstellung:
- [H2] Carl Morris bevorzugte Strecken im Leistungs-Schwimmen des D-Kaders beim Olympiastützpunkt:
- [H2] Zur Unterstützung seines Hochleistung-Trainings benutzt Carl Morris Magold unter anderem folgende Powerstar Food Bestseller Produkte:
- [H2] Super Hi Pro 128
- [H2] Alles Neue erfahrt ihr in Finn's neuem Video zum Xtreme Krass Trainingsprogramm
- [H2] Bei PowerStar Food kann man genau dies finden.
- [H2] Ich fange mal an mit dem B12!
- [H2] Für die schnellere Regeneration die ich dringend brauche, nehme ich die BCAA Caps!
- [H2] Die grüne Spirulina Alge!
- [H2] Fat Flame ist mein Pre-Workout und es gibt einfach deutlich mehr Energie fürs Workout!
- [H2] Nun zu den Proteinpulvern!
- [H2] Ganz neu nehme ich auch noch Vitamin A-Z, da es dort einfach wirklich alles drin hat! ??
- [H3] Hauptmenü
- [H3] Beitrags-Navigation
- [H3] Beitrags-Navigation
- [H3] Neueste Beiträge

SEO Content

		• [H3] Kategorien • [H3] Archiv • [H3] Schlagwörter • [H3] Blogroll • [H3] Twitter Updates
	Images	We found 38 images on this web page. 17 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 : 12% 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	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	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 259 links including 1 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 11.97% Internal Links 88.03%

In-page links

Anchor	Type	Juice
Zum Inhalt wechseln	Internal	Passing Juice
Zum sekundären Inhalt wechseln	Internal	Passing Juice

In-page links

Guido Conrad's Blog	Internal	Passing Juice
Über mich	Internal	Passing Juice
Impressum + Datenschutz	Internal	Passing Juice
Powerstar Food Athlet des Monats: Martin Kleemann	Internal	Passing Juice
CFM Isolat Protein	External	Passing Juice
Hyper BCAA	External	Passing Juice
Shape Faktor	External	Passing Juice
Fatburner	External	Passing Juice
Athlet des Monats	Internal	Passing Juice
Athlet des Monats	Internal	Passing Juice
Bodybuilding	Internal	Passing Juice
Bühne	Internal	Passing Juice
Körperfett	Internal	Passing Juice
Sixpack	Internal	Passing Juice
Training	Internal	Passing Juice
Powerstar Food Athlet des Monats: Klaus Neis und Hans-Jürgen Kühler	Internal	Passing Juice
SUPER HI PRO 128	External	Passing Juice
BCAA Caps	External	Passing Juice
Beta-Alanin	External	Passing Juice
Workout 7	External	Passing Juice
Coffee Plus	External	Passing Juice
Onlineshop	External	Passing Juice
Coffee Plus	Internal	Passing Juice
Drachenboot	Internal	Passing Juice
Leistungssport	Internal	Passing Juice
Outrigger	Internal	Passing Juice
POWERSTAR FOOD	Internal	Passing Juice
PSF	Internal	Passing Juice

In-page links

Super Hi Pro	Internal	Passing Juice
Wettkampf	Internal	Passing Juice
Workout 7	Internal	Passing Juice
Powerstar Food Athlet des Monats: André Walter	Internal	Passing Juice
Facebook	External	Passing Juice
hier	External	Passing Juice
André Walter	Internal	Passing Juice
BLUE PACEMAKER	Internal	Passing Juice
Ernährung	Internal	Passing Juice
Houng Choy	Internal	Passing Juice
Kampfsport	Internal	Passing Juice
MSQUAD Team	Internal	Passing Juice
Personaltraining	Internal	Passing Juice
Weltmeister	Internal	Passing Juice
Powerstar Food Athlet des Monats: Michael Bier	Internal	Passing Juice
Agmatin	Internal	Passing Juice
BCAA	Internal	Passing Juice
CFM Whey Protein	Internal	Passing Juice
Deutsche Meisterschaft	Internal	Passing Juice
Fibo-Aktion	Internal	Passing Juice
IFBB	Internal	Passing Juice
Mens Physique	Internal	Passing Juice
Michael Bier	Internal	Passing Juice
Wettkampfbodbuilding	Internal	Passing Juice
Powerstar Food: Wechsel zu pflanzlichen Cellulosekapseln &#8211; eine Ethikfrage	Internal	Passing Juice
online	External	Passing Juice
POWERSTAR FOOD &#8211; Direktverkaufsstore	External	Passing Juice
VEGAN-SUPPS by POWERSTAR FOOD Blog	External	Passing Juice

In-page links

Allgemein	Internal	Passing Juice
Ernährung und Supplements	Internal	Passing Juice
Vegane Ernährung im Sport	Internal	Passing Juice
Beefprotein	Internal	Passing Juice
Cellulosekapseln	Internal	Passing Juice
Gelatinekapseln	Internal	Passing Juice
Massentierhaltung	Internal	Passing Juice
Schächtung	Internal	Passing Juice
Powerstar Food Athlet des Monats: Carl Morris Magold	Internal	Passing Juice
Super Hi Pro 128	External	Passing Juice
C5 ENERGY	External	Passing Juice
Carl Morris Magold	Internal	Passing Juice
Freistil	Internal	Passing Juice
Hochleistungstraining	Internal	Passing Juice
Kader	Internal	Passing Juice
Olympiastützpunkt	Internal	Passing Juice
Schwimmbund	Internal	Passing Juice
Schwimmen	Internal	Passing Juice
Finn Grieser's XTREME KRASS WOCHE 19 &#8211; Kritik an Definitionsphase! Kein Sixpack?	Internal	Passing Juice
Finn Grieser Blogberichte	Internal	Passing Juice
Training	Internal	Passing Juice
Wettkampfvorbereitung	Internal	Passing Juice
Definitionsphase	Internal	Passing Juice
Finn Grieser	Internal	Passing Juice
Rodney Conrad	Internal	Passing Juice
Trainingsplan	Internal	Passing Juice
Xtreme Krass	Internal	Passing Juice
Zirkeltraining	Internal	Passing Juice

In-page links

Powerstar Food Athlet des Monats Oktober 2016 ist Timo Zimmer	Internal	Passing Juice
PowerStar Food	External	Passing Juice
www.ironbodies.de	External	Passing Juice
Diät	Internal	Passing Juice
GNBF	Internal	Passing Juice
Know How	Internal	Passing Juice
Photoshooting	Internal	Passing Juice
Produkte	Internal	Passing Juice
Wettkampfvorbereitung	Internal	Passing Juice
Stephanie Theiler: Meine bisherigen Erfahrungen mit veganen Supplements	Internal	Passing Juice
B12	External	Passing Juice
BCAA Caps	External	Passing Juice
Spirulina	External	Passing Juice
Fat Flame	External	Passing Juice
Vitamin A-Z	External	Passing Juice
online	External	Passing Juice
Direktverkauf	External	Passing Juice
Sponsorathletin Stephanie Theiler	Internal	Passing Juice
Aromapulver	Internal	Passing Juice
B12	Internal	Passing Juice
Bananeneis	Internal	Passing Juice
Bcaa Caps	Internal	Passing Juice
Detox	Internal	Passing Juice
Fat Flame	Internal	Passing Juice
Flavour Pure	Internal	Passing Juice
Hanf	Internal	Passing Juice
Hanf Protein	Internal	Passing Juice

In-page links

Hemp	Internal	Passing Juice
Krafttraining	Internal	Passing Juice
Muskelkater	Internal	Passing Juice
Powerstarfood	Internal	Passing Juice
Pre-Workout	Internal	Passing Juice
Rice	Internal	Passing Juice
Rice Pure Protein	Internal	Passing Juice
Soy 90+	Internal	Passing Juice
Spirulina	Internal	Passing Juice
vegane Ernährung	Internal	Passing Juice
POWERSTAR FOOD auf der Liste der hundefreundlichen Unternehmen	Internal	Passing Juice
Ich-darf-mit-rein	External	Passing Juice
hier	External	Passing Juice
Supplements für Hund und Katze	Internal	Passing Juice
Hundefreundlich	Internal	Passing Juice
Hundimbackofen	Internal	Passing Juice
Ich-darf-mit-rein	Internal	Passing Juice
Nahrungsergänzungen	Internal	Passing Juice
Supplemente für Hunde	Internal	Passing Juice
Vegan Supps	Internal	Passing Juice
Athlet des Monats &#8211; Galerie	Internal	Passing Juice
Nähr- und Zusatzstoffe in Sportnahrung	Internal	Passing Juice
Sportnahrung	Internal	Passing Juice
Galerie	Internal	Passing Juice
Guido Conrad	Internal	Passing Juice
Guido Conrad Galerie	Internal	Passing Juice
Personal Coaching	Internal	Passing Juice
Supplementcoach Karsten Theobald	Internal	Passing Juice

In-page links

POWERSTAR FOOD SPONSORING	Internal	Passing Juice
Athletic blog by Katie and Gwen, Sea Shepherd Conservation Society	Internal	Passing Juice
Sponsorathlet Achim Weitz	Internal	Passing Juice
Achim Weitz &#8211; Galerie	Internal	Passing Juice
Sponsorathlet Jonas Notter	Internal	Passing Juice
Sponsorathlet Martin Dudas	Internal	Passing Juice
Martin Dudas &#8211; Galerie	Internal	Passing Juice
Sponsorathletin Antonella Trantaki	Internal	Passing Juice
Antonella Trantaki Galerie	Internal	Passing Juice
Rezepte	Internal	Passing Juice
Rezepte &#8211; PROTEIN PANCAKES	Internal	Passing Juice
Rezepte &#8211; PROTEIN PUDDING	Internal	Passing Juice
Rezepte mit SUPER HI PRO 128	Internal	Passing Juice
Rezepte von Diätkoch André Gottschling	Internal	Passing Juice
Vegane Rezepte	Internal	Passing Juice
vegetarische Rezepte	Internal	Passing Juice
Sea Shepherd Conservation Society &#8211; PSF für Umwelt und Natur	Internal	Passing Juice
Juli 2017	Internal	Passing Juice
Juni 2017	Internal	Passing Juice
Mai 2017	Internal	Passing Juice
April 2017	Internal	Passing Juice
Dezember 2016	Internal	Passing Juice
Oktober 2016	Internal	Passing Juice
September 2016	Internal	Passing Juice
August 2016	Internal	Passing Juice
Juli 2016	Internal	Passing Juice
Juni 2016	Internal	Passing Juice

In-page links

Mai 2016	Internal	Passing Juice
April 2016	Internal	Passing Juice
März 2016	Internal	Passing Juice
Februar 2016	Internal	Passing Juice
Januar 2016	Internal	Passing Juice
Dezember 2015	Internal	Passing Juice
November 2015	Internal	Passing Juice
Oktober 2015	Internal	Passing Juice
September 2015	Internal	Passing Juice
August 2015	Internal	Passing Juice
Juli 2015	Internal	Passing Juice
Juni 2015	Internal	Passing Juice
Mai 2015	Internal	Passing Juice
April 2015	Internal	Passing Juice
März 2015	Internal	Passing Juice
Februar 2015	Internal	Passing Juice
Januar 2015	Internal	Passing Juice
Dezember 2014	Internal	Passing Juice
November 2014	Internal	Passing Juice
Oktober 2014	Internal	Passing Juice
September 2014	Internal	Passing Juice
August 2014	Internal	Passing Juice
Juli 2014	Internal	Passing Juice
Juni 2014	Internal	Passing Juice
Mai 2014	Internal	Passing Juice
April 2014	Internal	Passing Juice
März 2014	Internal	Passing Juice
Februar 2014	Internal	Passing Juice

In-page links

Januar 2014	Internal	Passing Juice
Dezember 2013	Internal	Passing Juice
November 2013	Internal	Passing Juice
Oktober 2013	Internal	Passing Juice
September 2013	Internal	Passing Juice
August 2013	Internal	Passing Juice
Juli 2013	Internal	Passing Juice
Juni 2013	Internal	Passing Juice
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April 2013	Internal	Passing Juice
März 2013	Internal	Passing Juice
Februar 2013	Internal	Passing Juice
Januar 2013	Internal	Passing Juice
Dezember 2012	Internal	Passing Juice
November 2012	Internal	Passing Juice
Oktober 2012	Internal	Passing Juice
September 2012	Internal	Passing Juice
August 2012	Internal	Passing Juice
Juli 2012	Internal	Passing Juice
Juni 2012	Internal	Passing Juice
Mai 2012	Internal	Passing Juice
April 2012	Internal	Passing Juice
März 2012	Internal	Passing Juice
Februar 2012	Internal	Passing Juice
Januar 2012	Internal	Passing Juice
Dezember 2011	Internal	Passing Juice
November 2011	Internal	Passing Juice
Oktober 2011	Internal	Passing Juice

In-page links

September 2011	Internal	Passing Juice
2 Healthy Fit Vegans	Internal	Passing Juice
Achim Weitz	Internal	Passing Juice
Aminosäure	Internal	Passing Juice
Antonella Trantaki	Internal	Passing Juice
Arnold Classic	Internal	Passing Juice
Athlet	Internal	Passing Juice
Ausdauer	Internal	Passing Juice
Direktverkauf	Internal	Passing Juice
Eiweiss	Internal	Passing Juice
Ernährungsplan	Internal	Passing Juice
Fettabbau	Internal	Passing Juice
FIBO	Internal	Passing Juice
Guido Conrad	Internal	Passing Juice
Kohlenhydrate	Internal	Passing Juice
Marathon	Internal	Passing Juice
Martin Dudas	Internal	Passing Juice
Meisterschaft	Internal	Passing Juice
Meisterschaften	Internal	Passing Juice
Muskelaufbau	Internal	Passing Juice
Muskelmasse	Internal	Passing Juice
Nahrungsergänzung	Internal	Passing Juice
Protein	Internal	Passing Juice
Sea Shepherd	Internal	Passing Juice
Sponsorathlet	Internal	Passing Juice
Sportnahrung	Internal	Passing Juice
SUPER HI PRO 128	Internal	Passing Juice
Supplement	Internal	Passing Juice

In-page links

vegan	Internal	Passing Juice
Vorbereitung	Internal	Passing Juice
Workout	Internal	Passing Juice
Wunschgewicht	Internal	Passing Juice
Sportnahrung online kaufen	External	Passing Juice
Twitter Updates	External	Passing Juice
Stolz präsentiert von WordPress	External	Passing Juice

SEO Keywords

	Keywords Cloud	food mit die von ist das ich und powerstar der
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
und	50	✓	✗	✗	✓
ich	46	✗	✗	✗	✓
die	41	✗	✗	✗	✓
ist	26	✗	✗	✗	✓
das	25	✗	✗	✗	✓

Usability

	Url	Domain : guido-conrad.de Length : 15
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.

Usability

	Language	Good. Your declared language is de.
	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 : 7 Warnings : 11
	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.  Great, your website has few CSS files.  Perfect, your website has few JavaScript files.  Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	 Apple Icon  Meta Viewport Tag  Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. https://guido-conrad.de/wp-sitemap.xml
	Robots.txt	http://guido-conrad.de/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.