









# Website review o-training.net

Generated on March 30 2025 23:10 PM

The score is 41/100







## SEO Content

	Title	O-training.net <b>Length : 14</b> Perfect, your title contains between 10 and 70 characters.												
	Description	<b>Length : 0</b> Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.												
	Keywords	Main Page,Orienteering Exercises - Attackpoints,Orienteering Exercises - Compass,Orienteering Exercises - Concentration,Orienteering Exercises - Contours,Orienteering Exercises - Control description,Orienteering Exercises - Distance evaluation,Orienteering Exercises - Flow,Orienteering Exercises - GPS evaluation,Orienteering Exercises - Inside the control circle,Orienteering Exercises - Map contact  Good, your page contains meta keywords.												
	Og Meta Properties	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.												
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>0</td><td>3</td><td>1</td><td>0</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none"><li>• [H2] O-training.net</li><li>• [H2] Contribute to O-training.net</li><li>• [H2] Orienteering Exercises</li><li>• [H3] From O-training.net</li></ul>	H1	H2	H3	H4	H5	H6	0	3	1	0	0	0
H1	H2	H3	H4	H5	H6									
0	3	1	0	0	0									
	Images	We found 24 images on this web page.  24 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 : <b>12%</b>												

## SEO Content

		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	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 49 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
<a href="#">navigation</a>	Internal	Passing Juice
<a href="#">search</a>	Internal	Passing Juice
<a href="#">About page</a>	Internal	Passing Juice
<a href="#">Orienteering exercises</a>	Internal	Passing Juice
<a href="#">Training Tips</a>	Internal	Passing Juice
<a href="#">Resources</a>	Internal	Passing Juice
<a href="#">Overview articles</a>	Internal	Passing Juice
<a href="#">Blog: Latest news from O-training.net</a>	Internal	noFollow

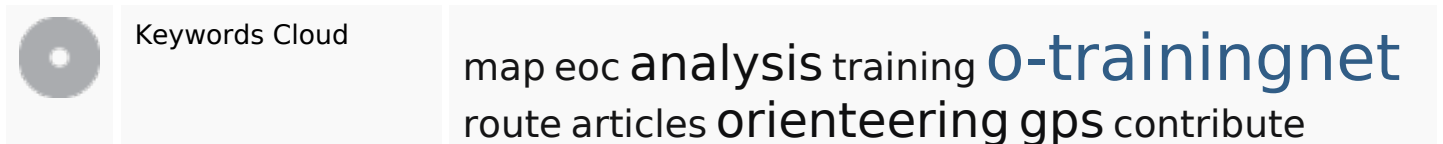
## In-page links

<a href="#">requesting an account</a>	Internal	Passing Juice
<a href="#">add content page</a>	Internal	Passing Juice
<a href="#">Attackpoints</a>	Internal	Passing Juice
<a href="#">Compass</a>	Internal	Passing Juice
<a href="#">Concentration</a>	Internal	Passing Juice
<a href="#">Contours</a>	Internal	Passing Juice
<a href="#">Control description</a>	Internal	Passing Juice
<a href="#">Distance evaluation</a>	Internal	Passing Juice
<a href="#">Flow</a>	Internal	Passing Juice
<a href="#">GPS evaluation</a>	Internal	Passing Juice
<a href="#">Inside the control circle</a>	Internal	Passing Juice
<a href="#">Map contact</a>	Internal	Passing Juice
<a href="#">Map memory</a>	Internal	Passing Juice
<a href="#">Map reading</a>	Internal	Passing Juice
<a href="#">Map understanding</a>	Internal	Passing Juice
<a href="#">Mental exercise</a>	Internal	Passing Juice
<a href="#">Overspeed orienteering</a>	Internal	Passing Juice
<a href="#">Pressure handling</a>	Internal	Passing Juice
<a href="#">Relocation</a>	Internal	Passing Juice
<a href="#">Route choice</a>	Internal	Passing Juice
<a href="#">Route planning</a>	Internal	Passing Juice
<a href="#">Simplification</a>	Internal	Passing Juice
<a href="#">Speed adaption</a>	Internal	Passing Juice
<a href="#">Sprint orienteering</a>	Internal	Passing Juice
<a href="#">Terrain memory</a>	Internal	Passing Juice
<a href="#">Theoretical exercise</a>	Internal	Passing Juice
<a href="#">http://o-training.net/w/Main_Page</a>	Internal	Passing Juice
<a href="#">RouteChoice Challenge: Long decisive leg in Swiss Champs Long</a>	Internal	Passing Juice

## In-page links

<a href="#">WebRoute: Route choice leg Canada</a>	Internal	Passing Juice
<a href="#">2DRerun: Two very WOC Middle relevant races</a>	Internal	Passing Juice
<a href="#">EOC Long Final: GPS Analysis</a>	Internal	Passing Juice
<a href="#">EOC Middle Final: GPS Analysis</a>	Internal	Passing Juice
<a href="#">EOC Middle Qual: GPS analysis</a>	Internal	Passing Juice
<a href="#">EOC 2012 GPS analysis: Warm up with training-analysis</a>	Internal	Passing Juice
<a href="#">Excellent presentation about O-technical analysis (Norwegian)</a>	Internal	Passing Juice
<a href="#">Camolyze Review: HeadCam analysis software</a>	Internal	Passing Juice
<a href="#">Training Camp Time: Video-intro to 2DRerun!</a>	Internal	Passing Juice
<a href="#">OCAD for O-training</a>	Internal	Passing Juice
<a href="#">Training camp sites</a>	Internal	Passing Juice
<a href="#">O-training related webpages</a>	Internal	Passing Juice
<a href="#">Terrain types / Terrain characterization</a>	Internal	Passing Juice





## SEO Keywords














## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
o-trainingnet	11	✗	✗	✗	✗
analysis	6	✗	✗	✗	✗
orienteering	6	✗	✓	✗	✓
gps	5	✗	✓	✗	✗
eoc	4	✗	✗	✗	✗


## Usability

	Url	Domain : o-training.net Length : 14
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.




## Document

	Doctype	XHTML 1.0 Transitional
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 15 Warnings : 36
	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	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Perfect, your website has few JavaScript files.</div> <div> Too bad, your website does not take advantage of gzip.</div>

## Mobile

	Mobile Optimization	<div data-bbox="555 197 767 235">✖ Apple Icon</div> <div data-bbox="555 264 877 302">✖ Meta Viewport Tag</div> <div data-bbox="555 331 807 369">✔ Flash content</div>
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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><a href="http://o-training.net/robots.txt">http://o-training.net/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>