

Ryan O'Leary

"A non-developers journey into speeding up a slow WordPress website"



Home Results Calendar Videos Photos Rankings Fighters » About Awards



JAN 11
Alexander Gustafsson
Heading to San Diego to Train, Plans 2016 Return

JAN 09
2015 Fighter of the Year: Makwan Amirichani

JAN 08
2015 Female Fighter of the Year: Anna Elmose

JAN 07
2015 Prospect of the Year: Aleks Mantylkiwi

All Denmark Estonia Finland Iceland Norway Sweden

Most Popular Video Today

Recent Results & PBP



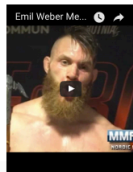
Alexander Gustafsson
Heading to San Diego to Train, Plans 2016 Return

JAN 11 POSTED BY MMA VIKING STAFF IN ALL, HOT, SWEDEN
Not much has been heard from Alexander...



Rami Aziz Returns at Desert Force 20

JAN 10 POSTED BY PER KARLSSON IN ALL, SWEDEN
Today Rami Aziz (7-3) announced his...



- Results : Rosenlind and Kasper Win at Trophy MMA VII
- Joni Salovaara Loses Split Decision in Russia
- Results : Alexander Bergman vs. Robert Bryczek at Superkombat
- Live Results : Gunnar Nelson vs Demian Maia at UFC 194
- Live Results : Andreas Ståhl vs. Santiago Ponzinibbio at FN Las Vegas

Guide for Performance Improvement

“Get Your WordPress Website Loading Under 500ms in 14 days” by Bernskiold Media

Tools used for performance assessment:

1) tools.pingdom.com

2) gtmetrix.com

ARCHIVED



<http://www.mmaviking.com>

Tested from Stockholm, Sweden on September 20 at 17:50:00

Perf. grade

75/100

Requests

146

Load time

4.09s

Page size

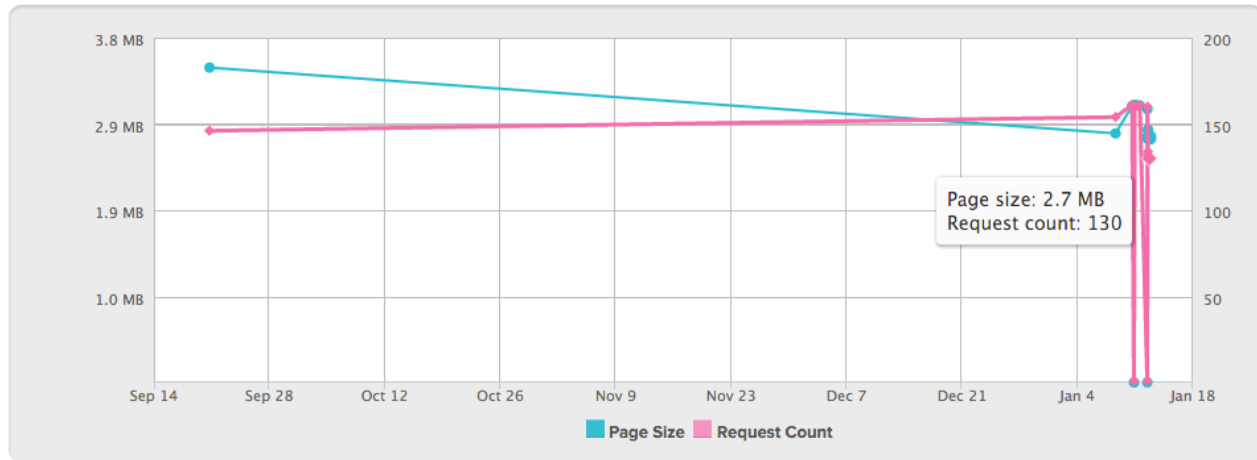
3.5MB

Your website is faster than **41%** of all tested websites

www.mmaViking.com - Identification of issues

 Toni Tauru_578-319x160.jpg	712 B		
 Jamba_578-319x160.jpg	16.5 kB		
 Martin Kampmann_5781-319x160.jpg	712 B		
 12357206_778044232300768_605325638396...	166.8 kB		
 MG_3945.jpg	327.4 kB		
 12313648_767608240009779_741394137085...	52.8 kB		
 Finland_MMA_Flag.jpg	1.4 kB		
 Sweden_MMA_Flag.jpg	1.6 kB		
 Estonia_MMA_News.jpg	5.2 kB		
 Norway_MMA_Flag.jpg	1.8 kB		
 Denmark_MMA_News_Flag.jpg	5.7 kB		

Page Size and Request Count





<http://www.mmaviking.com>

ARCHIVED

Tested from Stockholm, Sweden on September 20 at 17:50:00

Perf. grade
75/100

Requests
146

Load time
4.09s

Page size
3.5MB

Your website is **faster than 41%** of all tested websites



<http://www.mmaviking.com>

ARCHIVED

Tested from New York City, New York, USA on January 10 at 23:05:13

Perf. grade
74/100

Requests
160

Load time
3.49s

Page size
3.1MB

Your website is **faster than 48%** of all tested websites



<http://www.mmaviking.com>

Tested from Stockholm, Sweden on January 12 at 13:25:23

Perf. grade
62/100

Requests
134

Load time
1.53s

Page size
2.8MB

Your website is **faster than 80%** of all tested websites



Latest Performance Report for:

<http://www.mmaviking.com/>

Report generated: Fri, Jan 8, 2016, 6:22 AM -0800

Test Server Region: Vancouver, Canada

Using: Firefox (Desktop) 39.0.3,
PageSpeed 1.12.16, YSlow 3.1.8



Looks like you're running WordPress
[Have a look at our WP optimization tips »](#)



Looks like you might not be using a CDN
[Why should I use a CDN? »](#)

Performance Scores

PageSpeed Score B (89%) ^	YSlow Score D (67%) v
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Page Details

Page Load Time 6.3s v	Total Page Size 2.28MB v	Requests 148 v
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Performance Scores

PageSpeed Score A (93%) ^	YSlow Score D (67%) v
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Page Details

Page Load Time 4.7s ^	Total Page Size 1.99MB v	Requests 97 v
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