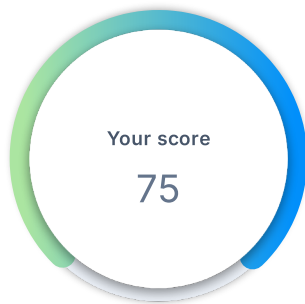


Generated May 11, 2026

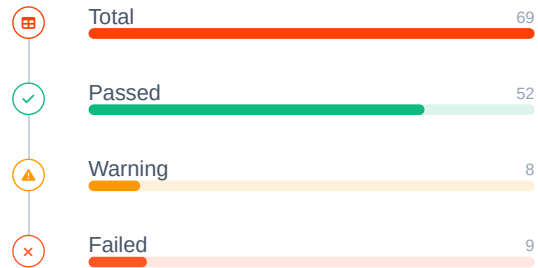
Overall score **75/100**

seositechecker.pro

Overview



Powered by: www.seositechecker.pro

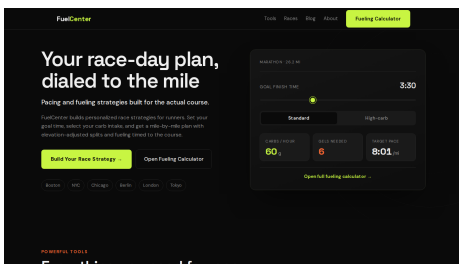


1.64 Seconds

57.61 bytes

21 Resources

Not Secured



Title	FuelCenter — Free Marathon Fueling & Pace Calculator
Url	
Description	Free marathon fueling calculator, pace charts, and race nutrition tools. Personalized gel timing plans for every major marathon. No signup required.

AI Search Readiness

82 AI readiness
82/100

How easily AI answer engines such as ChatGPT, Gemini and Perplexity can crawl, understand and cite this page. Every item below is measured on your site.

Quick wins

1

Structured data (JSON-LD): No JSON-LD found. Without schema, AI engines must guess what this page is about.

How this score works

We measure what AI answer engines can actually see on your site: whether your robots.txt allows GPTBot, OAI-SearchBot, ClaudeBot, PerplexityBot, Google-Extended and CCBot, whether an llms.txt exists, plus JSON-LD schema, a single H1, meta description, canonical URL, indexability, content depth, Open Graph tags and a declared language. Each item is weighted, and a warning counts as half credit.

What we do not claim: we do not estimate how often ChatGPT, Gemini or Perplexity mention your brand. That cannot be measured without querying those models, so we do not publish a number for it.

AI crawler access

Congratulations! Your robots.txt does not block any major AI crawler.

✓ llms.txt file	Congratulations! Found /llms.txt, which tells AI engines which pages matter most.
! Structured data (JSON-LD)	No JSON-LD found. Without schema, AI engines must guess what this page is about.
✓ Single descriptive H1	Congratulations! Exactly one H1, which clearly states the page topic.
✓ Meta description	Congratulations! A meta description is present for AI engines to summarise.
✓ Canonical URL	Congratulations! A canonical URL is declared, so citations point at one address.
✓ Indexable (no noindex)	Congratulations! The page is indexable.
✓ Content depth	Congratulations! The page has about 58896 words. AI engines prefer substantive pages they can quote.
✓ Open Graph tags	Congratulations! Open Graph title and description are present.
✓ Declared language	Congratulations! The page declares its language.

Q Seo

✓ Title	Congratulations! The webpage is using a good title tag. ✓ Text: FuelCenter — Free Marathon Fueling & Pace Calculator Length: 52 characters
✓ Description	Congratulations! The webpage is using a good meta description tag. ✓ Text: Free marathon fueling calculator, pace charts, and race nutrition tools. Personalized gel timing plans for every major marathon. No signup required. Length: 148 characters

Google Search Results
Preview Test

Desktop version

FuelCenter — Free Marathon Fueling & Pace Calculator

Free marathon fueling calculator, pace charts, and race nutrition tools. Personalized gel timing plans for every major marathon. No signup required.

Mobile version

FuelCenter — Free Marathon Fueling & Pace Calculator

Free marathon fueling calculator, pace charts, and race nutrition tools. Personalized gel timing plans for every major marathon. No signup required.



Social Media Meta
Tags

This webpage is not using social media meta tags.

Social Media Meta Tags

19



Missing Tags

1



Most Common
Keywords

It is unlikely that there is a specific keyword density that is optimal for search engines (as their algorithms have evolved beyond using keyword density as a ranking factor). However, it can be helpful to see which keywords are most commonly used on your page and whether they accurately reflect the intended topic. More importantly, the keywords on your page should be used naturally and in grammatically correct copy.

- fueling (22)
- race (20)
- strategy (16)
- marathon (11)
- plan (8)
- calculator (7)
- 262 (7)
- pace (6)
- milebymile (6)
- read (6)
- article (6)
- tools (5)
- time (5)
- berlin (5)
- london (5)
- coursespecific (5)
- course (4)
- goal (4)
- finish (4)
- carbs (4)
- day (4)
- gel (4)
- timing (4)
- fuelcenter (3)
- fuel (3)
- racess (3)
- blog (3)
- strategies (3)
- get (3)
- build (3)
- boston (3)
- chicago (3)
- tokyo (3)
- highcarb (3)
- gels (3)
- view (3)
- training (3)
- center (2)
- mile (2)
- pacing (2)
- set (2)
- carb (2)
- splits (2)
- open (2)
- nyc (2)
- full (2)
- dial (2)
- distance (2)
- heat (2)
- strong (2)



Keywords Usage

KEYWORD	TITLE	DESCRIPTION	HEADINGS
fueling (22)	✓	✓	✓
race (20)	✗	✓	✓
strategy (16)	✗	✗	✓
marathon (11)	✓	✓	✓
plan (8)	✗	✓	✓
calculator (7)	✓	✓	✗
262 (7)	✗	✗	✗
pace (6)	✓	✓	✗
milebymile (6)	✗	✗	✗
read (6)	✗	✗	✗
article (6)	✗	✗	✗
tools (5)	✗	✓	✗
time (5)	✗	✗	✗
berlin (5)	✗	✗	✓
london (5)	✗	✗	✓
coursespecific (5)	✗	✗	✗
course (4)	✗	✗	✗
goal (4)	✗	✗	✗
finish (4)	✗	✗	✗
carbs (4)	✗	✗	✗
day (4)	✗	✗	✓
gel (4)	✗	✓	✗
timing (4)	✗	✓	✗
fuelcenter (3)	✓	✗	✗
fuel (3)	✓	✓	✓
races (3)	✗	✗	✗
blog (3)	✗	✗	✓
strategies (3)	✗	✗	✓
get (3)	✗	✗	✓
build (3)	✗	✗	✗
boston (3)	✗	✗	✗

chicago (3)	×	×	×
tokyo (3)	×	×	×
highcarb (3)	×	×	×
gels (3)	×	×	×
view (3)	×	×	×
training (3)	×	×	×
center (2)	✓	×	×
mile (2)	×	×	✓
pacing (2)	×	×	×
set (2)	×	×	×
carb (2)	×	×	✓
splits (2)	×	×	×
open (2)	×	×	✓
nyc (2)	×	×	×
full (2)	×	×	×
dial (2)	×	×	✓
distance (2)	×	×	×
heat (2)	×	×	×
strong (2)	×	×	✓



Long Tail Keywords Usage

KEYWORD	TITLE	DESCRIPTION	HEADINGS
race strategy (6)	×	×	×
read article (6)	×	×	×
marathon fueling (5)	✓	✓	✓
plan milebymile (5)	×	×	×
fueling calculator (4)	×	✓	×
fueling plan (4)	×	×	✓
milebymile strategy (4)	×	×	×
strategy coursespecific (4)	×	×	×
coursespecific fueling (4)	×	×	×
fueling strategy (4)	×	×	×
marathon fueling plan (4)	×	×	✓
fueling plan milebymile (4)	×	×	×
plan milebymile strategy (4)	×	×	×
milebymile strategy coursespecific (4)	×	×	×
strategy coursespecific fueling (4)	×	×	×
coursespecific fueling strategy (4)	×	×	×
marathon fueling plan milebymile (4)	×	×	×
fueling plan milebymile strategy (4)	×	×	×
plan milebymile strategy coursespecific (4)	×	×	×
milebymile strategy coursespecific fueling (4)	×	×	×
strategy coursespecific fueling strategy (4)	×	×	×
marathon fueling plan milebymile strategy (4)	×	×	×
fueling plan milebymile strategy coursespecific (4)	×	×	×
plan milebymile strategy coursespecific fueling (4)	×	×	×
milebymile strategy coursespecific fueling strategy (4)	×	×	×
race day (3)	×	×	✓
article race (3)	×	×	×
read article race (3)	×	×	×
article race strategy (3)	×	×	×
read article race strategy (3)	×	×	×
fueling pace (2)	×	×	×

pace calculator (2)	✓	×	×
fuel center (2)	×	×	×
tools races (2)	×	×	×
races blog (2)	×	×	×
goal time (2)	×	×	×
build race (2)	×	×	×
boston nyc (2)	×	×	×
nyc chicago (2)	×	×	×
chicago berlin (2)	×	×	×
berlin london (2)	×	×	×
london tokyo (2)	×	×	×
marathon 262 (2)	×	×	×
finish time (2)	×	×	×
gel timing (2)	×	✓	×
finish 262 (2)	×	×	×
berlin marathon (2)	×	×	✓
strategy 2026 (2)	×	×	×
strategy grandmas (2)	×	×	×
grandmas marathon (2)	×	×	×

✓ Headings

Congratulations! This webpage has heading tags.

h1 1

h2 5

h3 6

✓ robots.txt

Congratulations! This website has a 'robots.txt' file.

! ads.txt

This website lacks an ads.txt file. Adding this file helps protect your ad revenue by preventing unauthorized parties from selling your ad inventory

 Sitemaps	Congratulations! This website has a sitemap file. Sitemaps 1
 SEO Friendly URL	Congratulations! All links from this webpage are SEO friendly.
 Image Alt Text	Congratulations! All 'img' tags from this webpage have the required 'alt' attribute.
 Inline CSS	This webpage is using inline CSS styles! Inline CSS 14
 Deprecated HTML Tags	Congratulations! This webpage is not using deprecated html tags
 Google Analytics	This webpage is not using Google Analytics.
 Favicon	Congratulations! This website appears to have a favicon. 
 Charset Declaration	Congratulations! This webpage has a character encoding declaration utf-8
 Social Media Presence	No social media links found.
 Meta Canonical	Congratulations! This webpage is using the Canonical meta tag! https://fuelcenter.co
 Meta Refresh	Congratulations! This webpage is not using the Refresh meta tag!



Custom 404 Error Pages

Congratulations! This website **has a custom 404 error page**. It is recommended to have a custom 404 error page to improve the user experience for your website by letting users know that only a specific page is missing or broken (not the entire site). You can also provide helpful links, the opportunity to report bugs, and potentially track the source of broken links.



In-page Links

This webpage has 0 internal links



Language

Congratulations! This webpage has language declared

en



NoIndex Tag

Congratulations! This webpage does not use the noindex meta tag. This means that it can be indexed by search engines.



Nofollow Attribute

Congratulations! External links on this webpage are mostly dofollow — trusted external links can pass link equity.



Noopener & Noreferrer Attributes

Congratulations! All external links on this webpage correctly use the noopener and/or noreferrer attributes for better security and privacy.



Google Site Verification

Congratulations! Google site verification found!

google-site-verification=FJt0r-pTncYEt80P9tuN86WQBfyLMa5n00sEE05qqrc



Plaintext Email

Congratulations! This webpage does not include email addresses in plaintext.



Structured Data

This webpage doesn't take the advantages of HTML Microdata or JSON-LD specifications in order to use structured data! View Google's guide for getting started with structured data.



Meta Viewport

Congratulations! This webpage is using a viewport meta tag.

width=device-width, initial-scale=1



URL Canonicalization

Congratulations! This webpage has valid canonical link

https://fuelcenter.co



Disallow Directive

Your robots.txt file does not includes a disallow command which instructs search engines to avoid certain parts of your website!

Disallowed Rules

0



Speed optimizations



Load Time

Congratulations! The loading speed of this webpage, as measured is approximately **1.64 seconds**, which is faster than the average loading time of 2.5 seconds.



Page Size

Congratulations! This webpage's HTML is smaller than the average, clocking in **57.61** as opposed to the **typical 97.66 kB**. Websites that load quickly provide a superior user experience, and tend to have higher conversion rates and better search engine rankings.



Dom Size

Congratulations! The Document Object Model (DOM) of this webpage has **353 nodes** which is less than the recommended value of 1500 nodes.



HTML Compression/GZIP



This webpage is not compressed. The compressed HTML code could save up to 85% of download size. This helps ensure a faster loading webpage and improved user experience.



JavaScript execution time



Java script take too much time to execute
Execution Time: **1.25 sec**



First Contentful Paint Test



The First Contentful Paint duration of this webpage is **1.53** seconds. For a good user experience, sites should aim for FCP of **1.8** seconds or less.



Largest Contentful Paint Test

Congratulations! The Largest Contentful Paint duration of this webpage is **1.53** seconds. To provide a good user experience, sites should strive to have Largest Contentful Paint of **2.5** seconds or less.



Cumulative Layout Shift Test

Congratulations! The Cumulative Layout Shift (CLS) score of this webpage is **0**. To provide a good user experience, sites should aim for a CLS of **0.1** or less.



Render Blocking Resources Test

Not Eliminate render-blocking resources

Render Blocking Resources 2



Console Errors

Congratulations! No browser errors logged to the console



Http Requests

Congratulations! This webpage has **21 http requests**. A higher number of http requests results in a user's browser needing to request a large number of objects from the server, which will ultimately slow down the loading of your webpage.

script 11



link 10



CDN Usage Test

This webpage is not serving all resources (images, javascript and css) from CDNs!

CDN List 2



Image Caching

Congratulations! This webpage is using cache headers for all Image resources.



Modern Image Format

This webpage is serving **0 images** that aren't in modern format!



Image Metadata Test

This webpage is using images with large metadata.



JavaScript Minification

This webpage has total 11 JavaScript links

JavaScript Minimized Links 10



JavaScript Caching

This webpage has total 11 JavaScript links

JavaScript Cache Links 10



Defer Javascript

This webpage has **10 JavaScript** resources without the defer attribute.

JavaScripts without defer 10



✓ CSS Minification

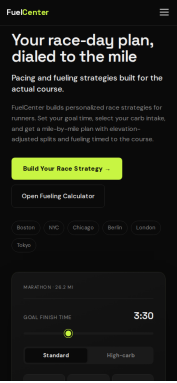
This webpage has total 2 Css links
Css Minimized Links 2

✓ CSS Caching

This webpage has total 2 Css links
Css Cache Links 2

✓ Mobile Snapshot & Responsiveness

Congratulations! This webpage is using CSS media queries, which is the base for responsive design functionalities.



Server and Security

! SSL Checker and HTTPS Test

! This webpage does not have SSL and not using secure communication protocol over the Internet

✓ Mixed Content (HTTP over HTTPS)

Congratulations! This webpage does not use mixed content - both the initial HTML and all other resources are loaded over HTTPS.

! Server Signature

The server signature is on for this webpage! Turning off the server signature is generally a good idea from a security standpoint.

Vercel

✓ Unsafe Cross-Origin Links

Congratulations! This webpage is not using **target='_blank'** links without **rel='noopener'** or **rel='noreferrer'** attribute.



HTTP2 Test



This webpage is not using the HTTP/2 protocol!



HSTS

Congratulations! This webpage is using the **Strict-Transport-Security** header.



SPF Records

Congratulations! This DNS server is using an SPF record.

```
v=spf1 include:_spf.mx.cloudflare.net ~all
```



Advance



Flash Test

Congratulations! This webpage does not include flash objects (an outdated technology that was sometimes used to deliver rich multimedia content). Flash content does not work well on mobile devices, and is difficult for crawlers to interpret.



Nested Tables

Congratulations! This webpage is not using nested tables. This speeds up page loading time and optimizes the user experience.



Framesets

Congratulations! This webpage does not use frames.



Doctype

Congratulations! This webpage has a doctype declaration.

```
<!DOCTYPE html>
```



URL Redirects

Congratulations! This URL doesn't have any redirects (which could potentially cause site indexation issues and site loading delays).



Safe Browsing Test

Congratulations! The URL is safe to browse.



Directory Browsing Check

Congratulations! Directory Browsing is Disable



Content Length Test

Congratulations! The webpage have **58896 words** on page.

Audit your next site free, no credit card

This report was generated with SEO Site Checker, 100+ free SEO and website tools.

[Run another free SEO audit](#) [Browse 100+ free tools](#) [seositechecker.pro](#)