

Time Count	Zen Optimise: SEO, Content and Digital Marketing Training Courses		Download time	file size	http message	file type	File URL
+ 0.000		2	2.288	245	46585 GET	200 html	http://zenoptimise.com/
+ 0.655		4	0.317	393	55680 GET	200 css	http://zenoptimise.com/wp-content/themes/zenoptimise/all.css
+ 0.655		4	0.457	395	6490 GET	200 css	http://zenoptimise.com/wp-content/themes/zenoptimise/style.css
+ 0.660		4	0.19	296	904 GET	200 css	http://fonts.googleapis.com/css?family=Roboto:400,100,300,700,500,900
+ 0.672		4	0.367	283	634 GET	200 css	http://fonts.googleapis.com/css?family=Quattrocento+Sans
+ 0.673		4	0.329	404	18889 GET	200 css	http://zenoptimise.com/wp-content/plugins/cart66/cart66.css?ver=1.5.1.8
+ 0.674		3	0.444	440	1308 GET	200 javascript	http://zenoptimise.com/wp-content/themes/zenoptimise/js/comment-reply.js?ver=3.6.1
+ 0.676		3	0.548	423	93489 GET	200 javascript	http://zenoptimise.com/wp-includes/js/jquery/jquery.js?ver=1.10.2
+ 0.678		3	0.766	434	7601 GET	200 javascript	http://zenoptimise.com/wp-includes/js/jquery/jquery-migrate.min.js?ver=1.2.1
+ 0.679		3	0.212	418	2256 GET	200 javascript	http://zenoptimise.com/wp-includes/js/utills.min.js?ver=3.6.1
+ 0.691		3	0.643	452	35402 GET	200 javascript	http://zenoptimise.com/wp-content/plugins/cookie-control/js/cookieControl-6.1.min.js?ver=3.6.1
+ 0.692		4	0.378	453	1575 GET	200 javascript	http://zenoptimise.com/wp-content/plugins/gravity-forms-placeholders/gf.placeholders.js?ver=1.0
+ 0.693		2	0.358	292	29778 GET	200 javascript	http://w.sharethis.com/button/buttons.js
+ 0.697		3	0.472	410	2550 GET	200 css	http://zenoptimise.com/wp-content/plugins/wordpress-wiki-plugin/css/style.css
+ 0.699		4	1.014	428	183142 GET	200 javascript	http://zenoptimise.com/wp-content/themes/zenoptimise/js/jquery.main.js
+ 0.700		3	0.433	419	2791 GET	200 javascript	http://zenoptimise.com/wp-content/themes/zenoptimise/js/ie.js
+ 0.704		2	0.548	443	13877 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/logo.png
+ 0.711		2	0.527	444	5710 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/logo2.png
+ 0.719		2	0.719	443	61111 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/img2.png
+ 0.721		2	0.64	431	32775 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/google-1st.jpg
+ 0.722		2	0.612	429	8938 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/calendar.jpg
+ 0.723		2	0.631	438	11829 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/social-reputation.jpg
+ 2.291		2	0.06	449	7006 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/zen-optimise-rebrand-160x160.jpg
+ 2.292		2	0.098	448	6334 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/cornerstone-content-matters.jpg
+ 2.296		2	0.091	447	6498 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/content-marketing-training.jpg
+ 2.299		2	0.087	435	10232 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/blog-headlines.jpg
+ 2.303		2	0.08	436	8978 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/blog-post-types.jpg
+ 3.526		2	0.562	292	58578 GET	200 javascript	http://connect.facebook.net/en_US/all.js
+ 3.531		2	0.364	360	21264 GET	200 eot	http://themes.googleusercontent.com/static/fonts/robotov9/PP2U5prMI9yKSWvU6DtVesZW2xOQ-xsNqO47m55DA.eot
+ 3.534		2	0.267	360	19953 GET	200 eot	http://themes.googleusercontent.com/static/fonts/robotov9/Hgo13k-tfSpnOq11SFdUffY6323mHUZFJMgTvxAG2iE.eot
+ 3.535		2	0.273	339	19912 GET	200 eot	http://themes.googleusercontent.com/static/fonts/robotov9/5YB-ifwqHP20Yn46l_BDhA.eot
+ 3.536		2	0.344	360	19327 GET	200 eot	http://themes.googleusercontent.com/static/fonts/robotov9/RxZJdnzco3R5zSexge8UUFY6323mHUZFJMgTvxAG2iE.eot
+ 3.541		2	0.306	360	18465 GET	200 eot	http://themes.googleusercontent.com/static/fonts/robotov9/d-6lYpOfocCacKzwxSOPY6323mHUZFJMgTvxAG2iE.eot
+ 3.543		2	0.304	360	20039 GET	200 eot	http://themes.googleusercontent.com/static/fonts/robotov9/mnpfi9pxYH-Go5UibESivY6323mHUZFJMgTvxAG2iE.eot
+ 3.551		2	0.141	444	8255 GET	200 jpeg	http://zenoptimise.com/wp-content/themes/zenoptimise/images/img11.jpg
+ 3.553		2	0.156	436	6964 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/onsite-training.jpg
+ 3.554		2	0.167	429	6213 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/love-seo.jpg
+ 3.555		2	0.204	458	14955 GET	200 png	http://zenoptimise.com/wp-content/uploads/business2community-logo-340px-160x160.png
+ 3.556		2	0.176	446	11214 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/ideas-light-bulbs-160x160.jpg
+ 3.568		2	0.242	452	9957 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/copywriting-guide-500px-160x160.jpg
+ 3.569		2	0.325	444	1308 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/img13.png
+ 3.570		2	0.314	434	3348 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/2013/06/img18.jpg
+ 3.572		2	0.352	435	4594 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/eurostar-small.jpg
+ 3.573		2	0.371	434	3093 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/2013/06/img27.jpg
+ 3.574		2	0.339	430	1815 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/home-away.jpg
+ 3.575		2	0.694	434	3951 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/2013/06/img14.jpg
+ 3.576		2	0.383	434	3108 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/2013/06/img15.jpg
+ 3.584		2	0.722	434	3472 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/2013/06/img16.jpg
+ 3.585		2	0.916	429	1906 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/harrods2.jpg
+ 3.587		2	0.72	430	4800 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/nut-small.jpg
+ 3.588		2	0.757	429	2864 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/bath-uni.jpg
+ 3.591		2	0.548	430	3007 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/bae-small.jpg
+ 3.592		2	0.541	432	2642 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/hobbs-small.jpg
+ 3.593		2	0.601	434	1929 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/hitachi-small.jpg
+ 3.595		2	0.633	434	3317 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/2013/06/img21.jpg
+ 3.596		2	0.661	442	3419 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/official-charts-small.jpg
+ 3.597		2	0.689	447	44735 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-image.png
+ 3.598		2	0.406	444	2474 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/img29.png
+ 3.599		2	0.404	444	2464 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/img30.png
+ 3.600		2	0.42	447	2881 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/blogging-titles-whitepaper.jpg
+ 3.601		2	0.461	452	4164 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/reputation-managment-whitepaper.jpg
+ 3.603		2	0.47	445	2249 GET	200 jpeg	http://zenoptimise.com/wp-content/uploads/rich-snippets-whitepaper.jpg
+ 3.605		3	0.513	439	10738 GET	200 javascript	http://zenoptimise.com/wp-content/plugins/cart66/js/cart66-library.js?ver=1.5.1.8
+ 3.790		2	0.585	449	1816 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-submit2.png
+ 3.805		2	0.589	448	1821 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-submit.png
+ 3.806		2	0.548	447	959 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-arrow.png
+ 3.808		2	0.639	448	3380 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-search.png
+ 3.809		2	0.671	448	10028 GET	200 png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-header.png

+ 3.814		2	0.657	448	496	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-border.png
+ 3.815		2	0.659	449	466	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-border2.png
+ 3.835		2	0.279	370	35455	GET	200	eot	http://themes.googleusercontent.com/static/fonts/quattrocentosans/v5/efd6FGWWGX5Z3ztwLBrG9U2k4ogKuXZ6cvJ9G6hiscg.eot
+ 4.187		2	0.207	446	5240	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bullet2.png
+ 4.188		2	0.344	448	11099	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-social.png
+ 4.189		2	0.196	445	730	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bullet.png
+ 4.191		2	0.232	446	1367	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bullet7.png
+ 4.192		2	0.24	447	1411	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-stars.png
+ 4.939		1	5.596	319	10299	GET	200	html	http://static.ak.facebook.com/connect/xd_arbiter.php?version=27
+ 4.956		1	0.338	346	10284	GET	200	html	https://s-static.ak.facebook.com/connect/xd_arbiter.php?version=27
+ 4.998		3	5.555	557	2653	GET	200	javascript	http://zenoptimise.com/wp-content/plugins/gravity-forms-placeholders/jquery.placeholder-1.0.1.js
+ 5.704			0.102	405	448	GET	200	javascript	http://wd-edge.sharethis.com/button/getAppDefault.esi?cb=stLight.allDefault&app=all&publisher=3ed219c7-cdd2-4752-9828-016f0829428d&domain=zenoptimise.com
+ 5.713		2	0.058	448	1874	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-select.png
+ 5.717		2	0.054	448	529	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-slider.png
+ 5.721		2	0.071	446	1477	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bulle5.png
+ 5.725		2	0.071	447	1652	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-check.png
+ 5.956		2	0.056	450	1350	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/bg-lightbox.png
+ 5.992		1	0.155	727	330	GET	ERROR_CANCELL		http://l.sharethis.com/pview?event=pview&product=&version=buttons.js&lang=en&fpc=7639673-141dfdb3ee1-5e234f53-1&sessionID=1382440189674.51482&hostname=zenoptimise.com&location=%2F&publisher=3ed219c7-cdd2-4752-9828-016f0829428d&shareHash=sthash.detb17d&incomingHash=&refDomain=&refQuery=&url=http%3A%2F%2Fzenoptimise.com%2F&shareURL=&source=share5x&title=Zen%20Optimise%3A%20SEO%2C%20Content%20and%20Digital%20Marketing%20Training%20Courses&st1382440189693.0=
+ 6.017		1	4.56	357	1026	GET	200	html	http://seg.sharethis.com/getSegment.php?purI=http%3A%2F%2Fzenoptimise.com%2F&jsref=&rnd=1382440189700
+ 6.022			0.061	302	302	GET	200	javascript	http://wd-edge.sharethis.com/button/checkOAuth.esi
+ 6.167			0.067	768	110	GET	ERROR_CANCELL		http://l.sharethis.com/pview?event=pview&product=&version=buttons.js&lang=en&fpc=7639673-141dfdb3ee1-5e234f53-1&sessionID=1382440189674.51482&hostname=zenoptimise.com&location=%2F&publisher=3ed219c7-cdd2-4752-9828-016f0829428d&shareHash=sthash.detb17d&incomingHash=&refDomain=&refQuery=&url=http%3A%2F%2Fzenoptimise.com%2F&shareURL=&source=share5x&title=Zen%20Optimise%3A%20SEO%2C%20Content%20and%20Digital%20Marketing%20Training%20Courses&st1382440189667.1=
+ 6.174		2	4.975	398	1415	GET	200	html	http://seg.sharethis.com/getSegment.php?purI=http%3A%2F%2Fzenoptimise.com%2F&jsref=&rnd=1382440189871
+ 10.597		1	0.679	433	3734	GET	200	html	http://edge.sharethis.com/share5x/index.f892a6aa31a083abf7347ed52d17f406.html
+ 10.602		1	0.053	405	3977	GET	200	css	http://w.sharethis.com/button/css/buttons.b53d53949b67e7ea0adacde4c2838c6a.css
+ 10.726		2	0.084	625	855	GET	302	Redirect to http://b.scorecardresearch.com/b?c1=7&c2=8097938&rm=886443975&c7=http%3A%2F%2Fseg.sharethis.com%2FgetSegment.php%3FpurI%3Dhttp%253A%252F%252Fzenoptimise.com%252F%26jsref%3D%26md%3D1382440189700&c3=8097938&c8=ShareThis%20Segmenter&c9=http%3A%2F%2Fzenoptimise.com%2F&cv=2.2&cs=js	Redirect to http://b.scorecardresearch.com/b?c1=7&c2=8097938&rm=886443975&c7=http%3A%2F%2Fseg.sharethis.com%2FgetSegment.php%3FpurI%3Dhttp%253A%252F%252Fzenoptimise.com%252F%26jsref%3D%26md%3D1382440189700&c3=8097938&c8=ShareThis%20Segmenter&c9=http%3A%2F%2Fzenoptimise.com%2F&cv=2.2&cs=js
+ 10.827			0.047	690	248	GET	ERROR_CANCELL		Redirect to http://cm.g.doubleclick.net/pixel?google_sc=&google_nid=sha&google_cm=&google_hm=Q2pzbkNWSm1YU1pqaXh1eDUydfBZz0f
+ 11.179		2	0.152	496	1147	GET	302	Redirect to http://cm.g.doubleclick.net/pixel?google_sc=&google_nid=sha&google_cm=&google_hm=Q2pzbkNWSm1YU1pqaXh1eDUydfBZz0f	http://cm.g.doubleclick.net/pixel?google_sc=&google_nid=sha&google_cm=&google_hm=Q2pzbkNWSm1YU1pqaXh1eDUydfBZz0f
+ 11.181		4	0.339	426	328	GET	200	gif	http://sharethis.nexac.com/dxMapping.php?stid=09273B0A265D6652B11B8B6302D06BE7
+ 11.183		1	0.463	395	572	GET	302	Redirect to http://p.nexac.com/e/sr/a-1548/s-3271/s-3271.xgi?rd=Y	http://p.nexac.com/e/sr/a-1548/s-3271/s-3271.xgi
+ 11.184			0.197	422	671	GET	200	gif	http://ib.adnxs.com/setuid?entity=165&code=Q2pzbkNWSm1YU1pqaXh1eDUydfBZz09
+ 11.284		1	0.087	496	5612	GET	200	javascript	http://w.sharethis.com/share5x/js/stcommon.7571e3b49848361700523476c1412e56.js
+ 11.285		1	0.139	490	28081	GET	200	javascript	http://w.sharethis.com/share5x/js/st.c222808e77246f3e6190f3101e99f7ba.js
+ 11.332			0.113	690	248	GET	ERROR_CANCELL		http://b.scorecardresearch.com/b?c1=7&c2=8097938&rm=1451052367&c7=http%3A%2F%2Fseg.sharethis.com%2FgetSegment.php%3FpurI%3Dhttp%253A%252F%252Fzenoptimise.com%252F%26jsref%3D%26md%3D1382440189871&c3=8097938&c8=ShareThis%20Segmenter&c9=http%3A%2F%2Fzenoptimise.com%2F&cv=2.2&cs=js
+ 11.333		3	0.105	549	1220	GET	302	Redirect to http://seg.sharethis.com/adxmapping.php?stid=09273B0A265D6652B11B8B6302D06BE7&google_gid=CAESEECq6AF-LtulN2jmr20hws&google_cver=1	http://cm.g.doubleclick.net/pixel?google_sc=&google_nid=sha&google_cm=&google_hm=Q2pzbkNWSm1YU1pqaXh1eDUydfBZz0f
+ 11.440		4	0.143	589	436	GET	200	gif	http://p.nexac.com/e/sr/a-1548/s-3271/s-3271.xgi?rd=Y
+ 11.658		1	0.2	417	548	GET	200	gif	http://zenoptimise.com/wp-content/themes/zenoptimise/images/fancybox/blank.gif
+ 12.745		2	0.107	492	428	GET	200	gif	http://zenoptimise.com/wp-content/themes/zenoptimise/images/fancybox/blank.gif
+ 12.747		2	0.168	487	1923	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/co-close.png
+ 12.748		2	0.2	495	15677	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/fancybox/fancybox.png
+ 12.749		2	0.178	497	589	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/fancybox/fancybox-x.png
+ 12.750		2	0.185	497	562	GET	200	png	http://zenoptimise.com/wp-content/themes/zenoptimise/images/fancybox/fancybox-y.png
		224	12.948	47929	1190609	109 requests			