

# Re: Slow performance

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*Source:*

[http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.perform\\_maintain/2008-11/msg00087.htm](http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.perform_maintain/2008-11/msg00087.htm)

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- *From:* Magsmom <[Magsmom@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:Magsmom@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)>
  - *Date:* Thu, 6 Nov 2008 16:51:01 -0800
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CPU is Pentium 4 – 2.20 Ghz  
Ram is 512 MB

Commit charge is:– Total 940,028 – Limit 1,263,628 – Peak 1,210,880

Here are the top 6 Memory using processes:

Peak VM size

iexplore.exe 167,184 49,308

Svchost.exe 164,568 25,914

pctsSvc.exe 164,108 178,220

MsMpEng.exe 153,692 91,694

IncMail.exe 64,612 35,692

iexplore.exe 59,472 48,528

Yes, I leave my computer on 24/7 due to having VOIP

Re: Windows Live One Care:– I have been using it for a number of years and I love it. Never had these slow performance problems until recently. In fact, although my computer is older and has a slower process, my computer functions much faster than my friends computer, which is the same brand, but she uses Norton. Also, Windows Live One Care does not include a registry cleaner. However, they do have a registry cleaning function in the Windows Live One Safety Scanner, so you may have the two confused.

I also have Spybot and Spyware Doctor programs, but I do not let them run automatically. Only when I manually run a scan.

Here is my Defrag analyse report:–

Volume (C:)

Volume size = 55.84 GB

Cluster size = 4 KB

Used space = 46.78 GB

Free space = 9.06 GB

Percent free space = 16 %

Volume fragmentation

Total fragmentation = 4 %

File fragmentation = 7 %

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Free space fragmentation = 1 %

File fragmentation

Total files = 168,177

Average file size = 436 KB

Total fragmented files = 1,982

Total excess fragments = 12,374

Average fragments per file = 1.07

Pagefile fragmentation

Pagefile size = 755 MB

Total fragments = 4

Folder fragmentation

Total folders = 18,081

Fragmented folders = 72

Excess folder fragments = 178

Master File Table (MFT) fragmentation

Total MFT size = 201 MB

MFT record count = 187,280

Percent MFT in use = 90 %

Total MFT fragments = 3

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Fragments File Size Most fragmented files

584 42 MB \Program Files\Java\jre6\lib\rt.jar

378 1.16 GB \Documents and Settings\Love Goddess\My

Documents\My Videos\Sony video clips\Cheeko\Cheeko 6.avi

364 43 MB \System Volume

Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1339\snapshot\\_REGISTRY\_MACHINE

280 43 MB \System Volume

Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1336\snapshot\\_REGISTRY\_MACHINE

273 17 MB \Documents and Settings\Love Goddess\Local

Settings\Temporary Internet

Files\Content.IE5\65FJ70GT\scnAVavbase14500000[1].cab

182 736 KB \Documents and Settings\Love

Goddess\Application Data\Move Networks\BlackBox

177 11 MB \System Volume

Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1344\A0174276.exe

177 11 MB \System Volume

Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1339\A0174029.exe

177 11 MB \System Volume

Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1339\A0174122.exe

177 11 MB \System Volume

Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1338\A0173757.exe

157 10 MB

\WINDOWS\PCHealth\HelpCtr\DataColl\CollectedData\_22947.xml

122 7 MB \Documents and Settings\Love Goddess\Local

Settings\Temporary Internet

Files\Content.IE5\LNBTV4ME\scnAVasbase14500000[1].cab

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119 476 KB  
\\RECYCLER\S-1-5-21-1132940392-1673125147-3913084170-1006\INFO2  
114 99 MB \Documents and Settings\Love Goddess\Local  
Settings\Application  
Data\IM\Identities\{8FB9562A-FB63-4AE5-B51A-AB42C467ABCC}\Message  
Store\Inbox.imm  
108 1 MB \Documents and Settings\Love Goddess\Local  
Settings\Application Data\HP\Digital Imaging\cache2\8.DB  
105 24 KB \WINDOWS\SYSTEM32\CONFIG\SOFTWARE.LOG  
91 6 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1343\A0174230.rbf  
91 11 MB \Documents and Settings\All  
Users\Application  
Data\Walgreens\Styles\wg-leapbooks\shared\pagedesigns\blueyellow-1\background.jpg  
76 145 MB \Documents and Settings\Love Goddess\Local  
Settings\Application  
Data\IM\Identities\{8FB9562A-FB63-4AE5-B51A-AB42C467ABCC}\Message  
Store\Deleted Items.imm  
70 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1339\A0173905.exe  
64 348 KB  
\\RECYCLER\S-1-5-21-1132940392-1673125147-3913084170-1006\Dc32.db  
63 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1344\A0174254.rbf  
61 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1339\A0173889.dll  
59 6 MB \Documents and Settings\Love Goddess\Local  
Settings\Application  
Data\IM\Identities\{8FB9562A-FB63-4AE5-B51A-AB42C467ABCC}\Message  
Store\Attachments\56601-MrsHughes.wmv  
58 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1335\A0173673.dll  
58 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1345\A0174320.dll  
58 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1344\A0174293.dll  
58 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1337\A0173709.dll  
58 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1341\A0174170.dll  
58 4 MB \System Volume  
Information\\_restore{B37680B2-BA0A-4E5D-BF30-83E44C588624}\RP1336\A0173686.dll

I guess I covered all your questions. What do you think?

"Gerry" wrote:

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What is the CPU speed?

How much RAM?

Try Ctrl+Alt+Delete to select Task Manager and click the Performance Tab. Under Commit Charge what is the Total, the Limit and the Peak?

You should be able to gather more information from Task Manager. With the Processes tab open select View, Select, Columns and check the boxes before Peak Memory Usage and Virtual Memory size. What are the figures for the 6 processes using the largest amounts?

Do you leave your computer on 24/7?

Many do not rate Windows Live One Care very highly. It includes a Registry Cleaner, which many here think provides negligible benefits and potentially can seriously damage the system. It also takes a lot of resources to run, which may go some way to explaining your disappointing system performance. You can use Windows Defender, a component of Windows Live One Care, as a standalone. Are you using any other anti-virus and anti-spyware software?

I would be interested in seeing a Disk Defragmenter report . Open Disk Defragmenter and click on Analyse. Select View Report and click on Save As and Save. Now find VolumeD.txt in your My Documents Folder and post a copy. Do this before running Disk Defragmenter as it is more informative.

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Hope this helps.

Gerry  
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FCA  
Stourport, England  
Enquire, plan and execute  
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Magsmom wrote:

In the past, my computer would occasionally experience a slow down in performance which would be easily corrected by doing a clean up/tune up. I use several methods to do this. I am running XP, sp3 with

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Windows Live One Care which includes regular tune ups. Somoetimes, if I have been doing a lot of web surfing, I just do a manual cleanup using my IE tools, and occasionally I use Speed Up My PC, which does a great job of optimizing.

But recently I started having problems that don't respond to these methods. I have run several virus/spyware scans and can't find anything. I notice that I frequently get the message that "Virtual Memory Is low". I started watching my Task Manager Performance and see that my Page File History never drops below 800 MB, even when I have no programs open. at the same time, it shows my Physical Memory at 522,736 with 158,960 going to System Cache with only 181,508 available.

How can I find out what is using up all my physical memory and why my Page File History is so high all the time? BTW– What is Page File History anyway. I can't find anything in the help files about it?