Usage License Report for danielpandza.wordpress.com/wp-content/uploads/2013/01/runnin

Verdict: Mixed | confidence 85% | checked 6/22/2026

License ID 01KVPXCRTQA3JQMH5S391CWJC5 | https://aiscrapesafe.opencontrols.ai/l/01KVPXCRTQA3JQMH5S391CWJC5

What this site's own signals say you may and may not do with its content. Plain language, not legal advice.

Note: this verdict is marked "needs review" - the signals didn't agree strongly enough to be certain. Confirm before you rely on it.

What you can do

- Scrape or crawl these pages.
- Run text and data mining over the content.
- Use the content to train AI models.
- Use the content with AI at run time (summarizing, search, RAG).

What you can't do without permission

- Create derivative works from the content.
- Redistribute the content.
- Transform or reformat the content.

Ask first

- Tag or annotate the content.

No signal spoke to these. Ask, don't assume.

Evidence by signal

robots.txt - Allowed

Source: https://danielpandza.wordpress.com/robots.txt - Parser: robots-parser@1.0.0 - Checked: 6/22/2026

No evidence - this signal returned unknown. Unknown is never read as allowed.

Terms of Service - Restricted

Source: https://danielpandza.wordpress.com/wp-content/uploads/2013/01/running-lean.pdf - Parser: tos-parser@1.0.0 - Checked: 6/22/2026

- "all rights reserved" - copyright reservation (all-rights-reserved / no-reproduction)

Copyright / license - Unknown

Parser: copyright_license-parser@0.1.0 - Checked: 6/22/2026

No evidence - this signal returned unknown. Unknown is never read as allowed.

The fine print

- Read for US, commercial use. Change the frame and the verdict can change.
- "Needs review" means a human should confirm before relying on the call.
- This usage license reflects machine-readable and expressed restrictions detected on the source at check time. It is not legal advice; actual rights depend on your jurisdiction and intended use.

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