

# Sniffers

## Module 8

# Lab 9

## Performing Man-In-The-Middle Attack using Cain & Abel

22. Now, go to **Windows 7 Virtual Machine** and **start FTP**

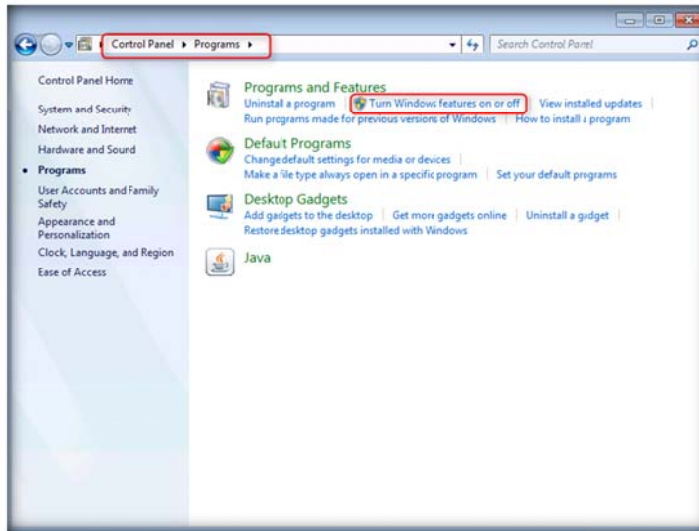


FIGURE 9.16: Control panel in Windows 7

Credential Manager is a new SSO solution that Microsoft offers in Windows Server 2003 and Windows XP to provide a secured store for credential information. It allows you to input user names and passwords for various network resources and applications once, and then have the system automatically supply that information for subsequent visits to those resources without your intervention

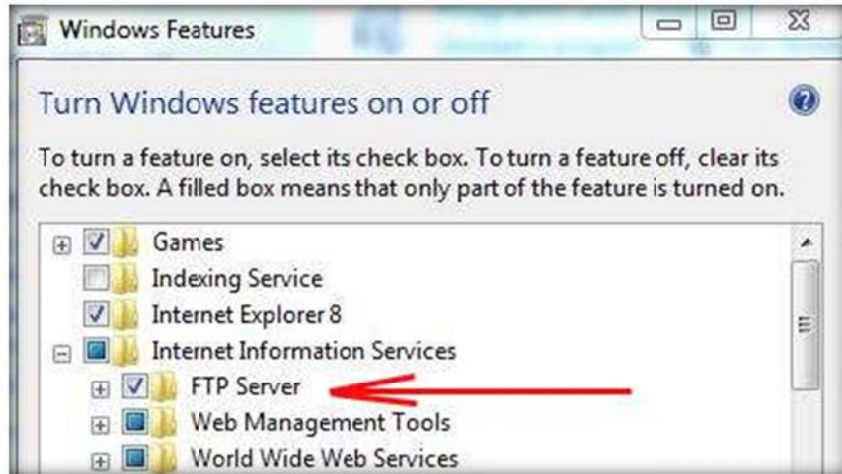


FIGURE 9.17: Turn Windows features on or off feature window

This set of credentials is stored in the file \Documents and Settings\%Username%\Application Data\Microsoft\Credentials\%UserSID%\Credentials

23. Now access <ftp://10.0.0.7> in **Windows Server 2003**

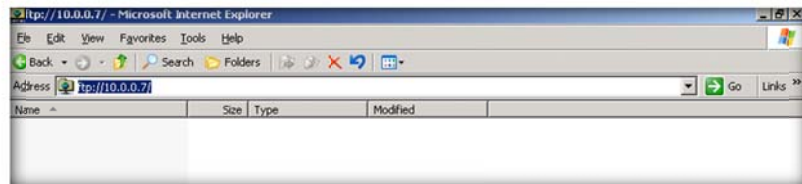


FIGURE 9.18: Start ftp://10.0.0.7

24. Now, observe the tool listing out more packets exchange

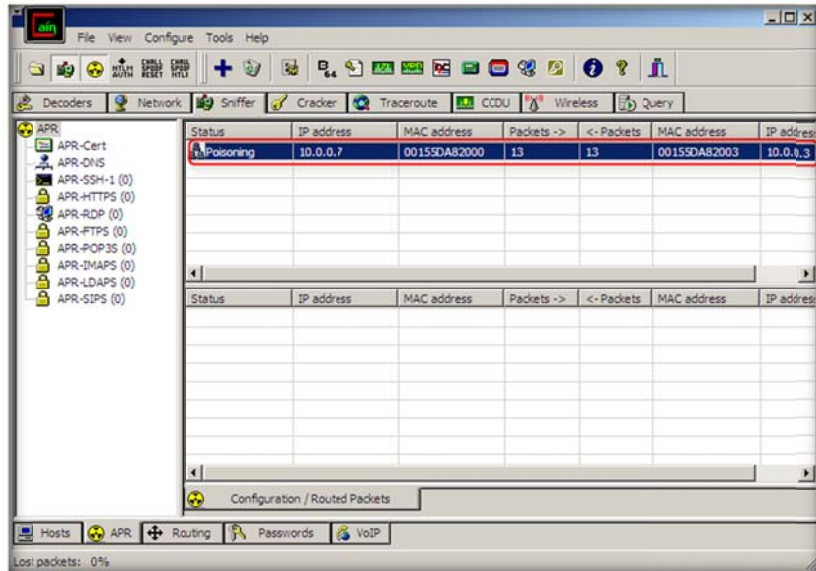


FIGURE 9.19: Sniffer window with more packets exchanged

Cain & Abel covers some security aspects/weakness intrinsic of protocol's standards, authentication methods and caching mechanisms.

25. Click Password tab at bottom

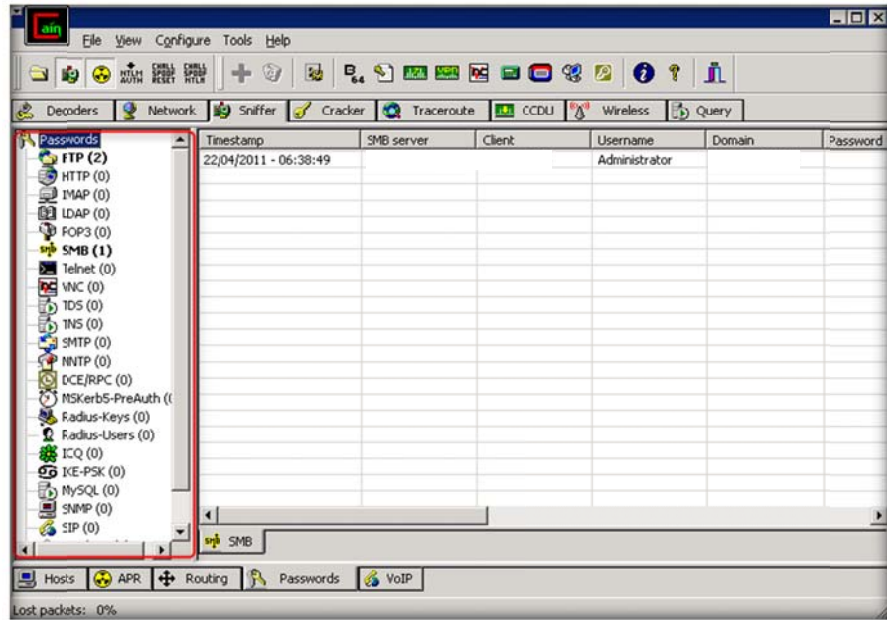


Figure 9.20: Cain and Abel Password tab

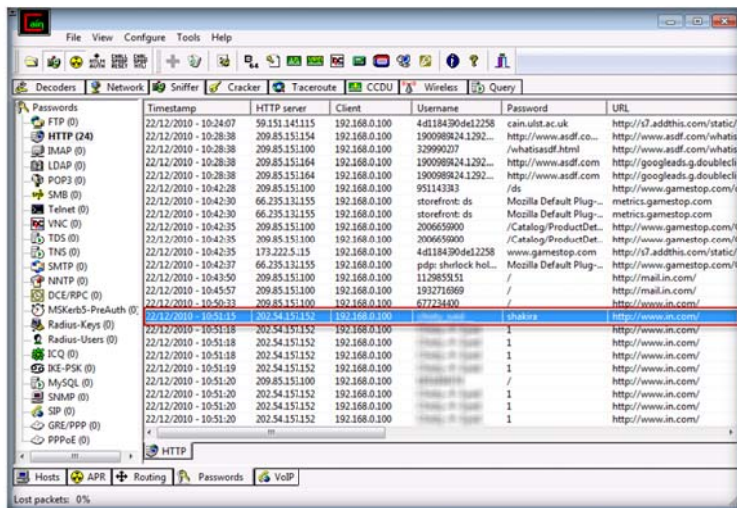


Figure 9.21: Cain and Abel Password Extracted

## Lab Analysis

Analyze and document the results related to the lab exercise. Give your own opinion on your target’s security posture and “exposure” through public and free information.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS  
RELATED TO THIS LAB.

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## Questions

1. Determine how you can defend against ARP Cache Poisoning in a network
2. How can you easily find the password captured in EDP MITM attack using only notepad or some other text editor?
3. How can one protect Windows Server against RDP MITM attacks?

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