

Experienced. Trustworthy. Transparent. Rock Solid Security

Premier cybersecurity testing services tailored to your specific needs from experts you can trust.

> Discover your vulnerabilities before an attacker does. We can help!

Breaching a Network With Risk-Accepted Vulnerabilities

TEEX Cyber Readiness Summit

Robert Neel PEN Consultants, LLC



Agenda

 About Me & PEN Consultants Objective Overview of the Attack Attack Chain Step-by-Step Walkthrough Real-World Examples Actionable Solutions Conclusion Questions

Robert Neel

- Founder & CEO of PEN Consultants
- NSA trained
- Over 25 years experience

l o c k h e e d m a r t i n

PEN Consultants

83



3/71

PEN Consultants

PEN Consultants provides comprehensive offensive security services - including vulnerability scanning, penetration testing, red teaming, and more.



Objective

<u>Objective #1</u> Show how a series of common vulnerabilities can be used in an attack that succeeds nearly every time

Objective #2

Provide you with the information needed to prevent the attack



Overview of the Attack

Attack Timeline

- Start with knowing nothing
- Get remote access into a corporate network
- Find & export data

Attack Chain Demo

- Single step through each phase of an attack
- Real Examples present right now
- Actionable Solutions what you can do to stop it

Overview of the Attack

- Key Points:
- These vulnerabilities are common.
 - and often risk-accepted
- Exploits are not sophisticated
 - Script-kiddie to intermediate
- Most organizations are vulnerable to this
 - Nearly everyone we test

Overview of the Attack

Examples Shown:

- These are real, live, current examples (within the last few weeks)
- A reasonable level of effort was used to anonymize and obfuscate



In the beginning...

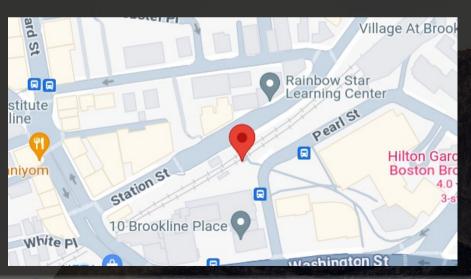
We only know the target's main website





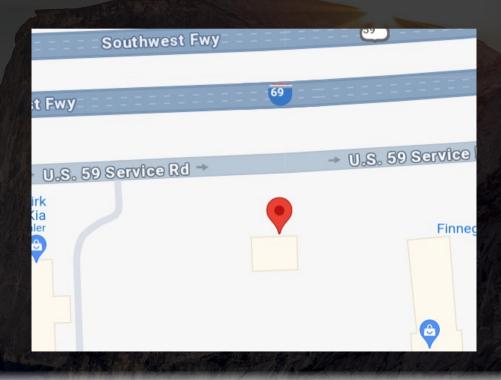
GPS Latitude Řef : North GPS Longitude Ref : West GPS Altitude Ref : Above Sea Level GPS Speed Ref : km/h GPS Speed : 0.07140730009 GPS Img Direction Ref : True North GPS Img Direction : 134.656643 GPS Dest Bearing Ref : True North GPS Dest Bearing : 134.656643 GPS Horizontal Positioning Error: 14.25747803 m

GPS Aĺtitude GPS Latitude GPS Longitude : 9.5 m Above Sea Level : 42 deg 19' 57.65" N : 71 deg 6' 59.84" W



Date/Time Original
Modify Date
Thumbnail Image
GPS Altitude
GPS Latitude
GPS Longitude
C11. Af Cf

: 2023:12:08 11:46:09.665-06:00 : 2023:12:08 11:46:09-06:00 : (Binary data 10448 bytes, use : 29.8 m Above Sea Level : 29 deg 31' 55.65" N : 95 deg 47' 8.54" W





Keywords: Producer: Creator: *None* Microsoft® Word 2010 Microsoft® Word 2010

neyworas:	wone
Producer:	Microsoft® Word 2013
Creator:	Microsoft [®] Word 2013

CVE-ID	
CVE-2020-0855	Learn more at National Vulnerability Database (NVD) • CVSS Severity Rating • Fix Information • Vulnerable Software Versions • SCAP Mappings • CPE Information

Description

A remote code execution vulnerability exists in Microsoft Word software when it fails to properly handle objects in memory, aka 'Microsoft Word Remote Code Execution Vulnerability'. This CVE ID is unique from CVE-2020-0850, CVE-2020-0851, CVE-2020-0852, CVE-2020-0892.



Subject:	None
Author:	morales
Keywords:	None
Producer:	Acrobat Distiller 11.0 (Windows)
Creator:	PScript5.dll Version 5.2.2

Subject:	None
Author:	alcorn
Keywords:	None
Producer:	Microsoft: Print To PDF

Subject:
Author:
Keywords:
Producer:
Creator:

None
yeager
None
Acrobat Distiller 20.0 (Windows
PScript5.dll Version 5.2.2

Subject:	None
Author:	52641
Keywords:	None
Producer:	Acrobat Distiller 5.0.5 (Windows)
Creator:	QuarkXPress. 4.11: AdobePS 8.7.3 (301)

Subject:	None
Author:	35824
Keywords:	None
Producer:	Acrobat Distiller 17.0 (Windows)
Creator:	PScript5.dll Version 5.2.2

Subject:	None
Author:	8708
Keywords:	None
Producer:	Adobe PDF Library 10.0.1
Creator:	Adobe InDesign CS6 (Macintosh)



Blue Team / Defenders

- Disable metadata from docs
 - ex. Group Policy Object (GPO)
- Scrub metadata from docs
 - many prepub/scrubber solutions
- Update ALL vulnerabilities
 - internal vulnerabilities lead to RCE also!



Username Format



Username Format

- Re: Usernames from document metadata
- Username format
 - Often same as name or email address
 John Doe > john.doe@acme.com > john.doe
 - Second most common, easily derived from name or email address
 JDoe, JohnD, JADoe, etc.
- Importance to attacker: a small list they can immediately attack able to determine domain username convention
- used to derive a larger list for a broader attack
 Attacks possible (just a few examples)
 - Phishing
 - DoS attacks if you have a lockout policy
 Password attacks ex. password spray
 More on these later

Username Format

Blue Team / Defenders

- Username convention NOT:
 - based on name or email address
 - sequential
- Should not be easily predicable
 - an employee number ex. cf213692132
 - a predictable prefix with random numbers ex. jdoe_92613





	Home About	Posts Jobs	Life People		□ <u>•</u>	ahttps://namecensu	s.com /last-names,	/
							S	croll 1
		ated membe			Rank	Name	Count	W
%			Q					
			ADVANCED SEARCH		1	SMITH	2,442,977	70
Browse by Alpha:					2	JOHNSON	1,932,812	58
A B C D E F G H	I J K L N	INOPQ	RSTUN	W X Y Z	3	WILLIAMS	1,625,252	45
Ga				0	4	BROWN	1,437,026	57
12 RS	3	-		22	5	JONES	1,425,470	55
	5	S. L			6	GARCIA	1,166,120	5.
KATA.		~ 25h		3/-6	7	MILLER	1,161,437	84
Zoë	Jonathan		Enrico		8	DAVIS	1,116,357	62
Partner	Partner		Partner		9	RODRIGUEZ	1,094,924	4.
Singapore: +	New York: +1	com	New York: +1	a				11

19/71

BEN Consultants

- Generate a list:
 - of POSSIBLE usernames
 - 10s of thousands or more
- Most will NOT be valid
 - we assume this
- We do not yet know which are valid

- but we will soon



21/71

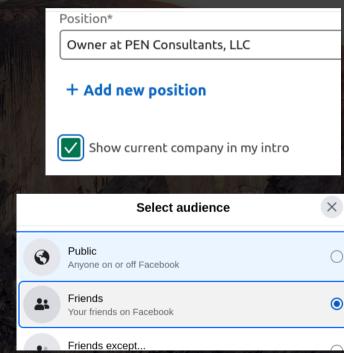
Blue Team / Defenders

- Limit the usage of online directories
 - Place behind login, if able
 - Minimize who is listed
 - Minimize what is listed for each
 - Prevent wildcard searches
- User training

PEN Consultants

83

- Hide current company on social media
- Vet connection requests





- Fully Qualified Domain Names (FQDNs)
 - OSINT
 - Brute force
 - Public Certificate
 Transparency (CT)
 records

kali@kali:~/subbrute\$

./subbrute.py google.com

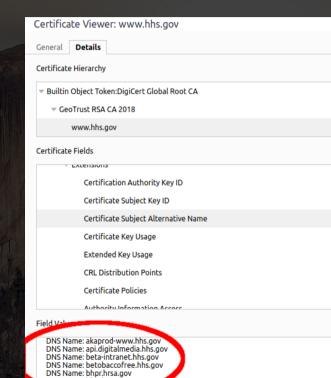
google.com www.google.com _spf.google.com alt4.aspmx.l.google.com alt1.aspmx.l.google.com alt3.aspmx.l.google.com alt2.aspmx.l.google.com _netblocks.google.com _netblocks2.google.com _netblocks3.google.com _tcp.google.com

(PEN Consultants

- Certificate registrations

 Each FQDN often has its own SSL cert
 Don't do this ^^^
 Search CT records
 - Collect FQDNs

filmer and the	
as.house.gov	C=U
autodiscover.housemail.house.gov	CN=
autodiscover.mail.house.gov	SHA
connect.house.gov	<u>311/</u>
ews.house.gov	
FAILBACKPRI.HOUSE.GOV	
FAILBACKSEC.HOUSE.GOV	
imap.house.gov	
im.house.gov	
mail.house.gov	
owa2010.house.gov	
owa2010sec.house.gov	
owa.house.gov	
owasec.house.gov	
POP.HOUSE.GOV	
smtp.house.gov	
ldsi-netbackup1.house.gov	C=L
ldsi-netbackup1.us.house.gov	CN=
	SH/
admin-caucusvote.house.gov	C=L
www.admin-caucusvote.house.gov	CN=
	<u>SH</u>
a successful because server	0.1





Tiles.	
gateway.	
interact.	
interactic	
itassets	
itweb	
mail.	
pvpn	
remote.	

citrix.a	.com
citrixaus.a	.com
citrixsdc.a	.com
clientpay.a	.com
connect.a	.com
dallas.a	.com
dc.a i.	com
donvor	L COM

access.	.com
apply2.	.com
apply.	.com
appscn.	.com
apps.	com
appsuk.	.com
clientconnect	.com
collab-edge.	r.com
document.	.com
EDISCOVERY.	. COM
expe-(com
experience.	.com
extranet	:om

sdc-email.
sdc-vpn.
sharefile
spm.
sslvpn
sts2.
support.

https://portal-clerk.house.gov/auth/A 😪 🦁	€ [Welcome to only.	Remote Access. Access is restricted to Employees
Forgotten Password?		Keren Constants
Log in End User Portal	Username	Please supply your network username
or	Password	
Log in with ADFS		Log On
	A Margaret Providence	



26/71

- Attempt a login with each candidate username
- Look for difference in:
 - response status/text/size
 - timing (very common)

Request

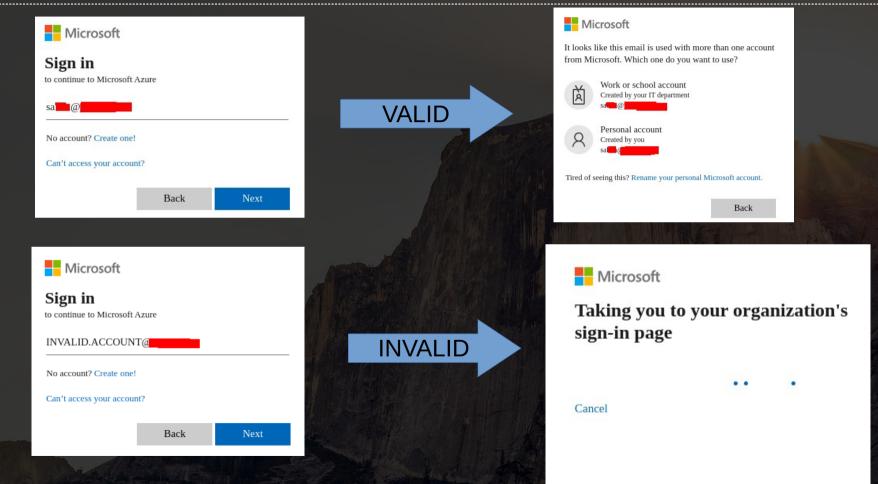
83

PEN Consultants

Pretty	Raw	Hex	
1 P0ST	/cgi/	login	HTTP/1.1
2 Host:	citr	ix.AC	1E.com
3 [SNIF	<u>۱</u>		
4			

5 login=jdoe&passwd=password

			_
	Username	ms	
	INVALID57	164	
	INVALID61	164	
	INVALID69	164	
	INVALID7	165	
	INVALID5	166	
	INVALID39	189	
	la n y y	286	
1	si	286	
	ctos	287	
	m ier	287	
	n <mark>ell</mark>	288	
	tb e r	295	





27/71

INVALID

Email or phone

INVALID.ACCOUNT.FOR.ICS2.TESTING@gmail.com

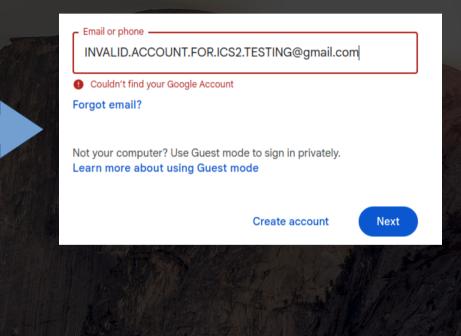
Forgot email?

Not your computer? Use Guest mode to sign in privately. Learn more about using Guest mode

Create account

a

Next





We now have:

- A list of known valid usernames
 - 100% valid
- Potentially a list of ALL usernames
- Information needed for various attacks
 - DoS
 - assuming there is a lockout policy
 - we launch an external attack that disrupts your internal operations!
 - Password attacks
 - ex. brute force, password spray, etc.
 - illustration up next

Blue Team / Defenders

- Wildcarded domains, but with a 2 or 3 tier approach
 - Ex: prodDBServer.internal.example.com
 - *.internal.example.com
 - Ex: citrix.external.example.com
 - *.external.example.com
 - keeps FQDNs out of CT logs
 - but protects most FQDNs if a cert is compromised



Blue Team / Defenders (cont.)

- STOP risk accepting Username Enumeration!
 - Don't use vendors that do
 - The difference between valid and invalid accounts should be indistinguishable



Blue Team / Defenders (cont.)

- Ensure responses are the same for:
 - login attempts, password reset requests, and so on
- Introduce a randomized time delay
 - Example: If valid account take 100 ms longer
 - Add a 0.1 1.0 sec random delay for invalid
 - Add a 0 0.9 sec random delay for valid

Predictable Passwords due to forced password rotation policy



Predictable Passwords

- Many users are forced to change passwords
 arbitrarily ex. every 90 days
- NOT a meaningful protection from breached passwords
 - breached passwords are used in minutes few days
- All reputable standards advise against this practice
 - NIST, OWASP, and so on



Predictable Passwords

- Forced changes lead to VERY predictable passwords
 - Spring2025!, ACMECORP_2025#
 - Incrementing: Password1, Password2, Password3, etc.
- Our internal script
 - generates a short list of prioritized passwords -~hundreds/thousands
 - reliably compromises ~20% of accounts
- A 90-day rotation policy is worse than useless
 - it's what will enable us to compromise your network

TexasA&M123456! Thanksgiving12 Gig'Em123456! December2024\$ Autumn2024!! December2024!! Spring2025!! Thanksgiving2024# December2024# Februarv2025# Thanksgiving2024\$ Winter2025!! November2024!! November2024\$ February2025!! Christmas2024\$ Winter2024!! Christmas2024# Christmas2024!! February2025\$ January2025\$ Januarv2025# Thanksgiving2024!! November2024# Passw0rd123! January2025!! TexasA&M1234!!

Predictable Passwords

Blue Team / Defenders
Do NOT force rotate passwords arbitrarily

Disable password expiration

DO rotate IMMEDIATELY if compromised

Days	Total	Popped	Percent
60	159	57	35.85%
90	4199	556	13.24%
90	1033	211	20.43%
90	1149	269	23.41%
90	1540	393	25.52%
90	892	122	13.68%
180	9929	1416	14.26%
180	348	31	8.91%
310	403	35	8.68%
365	1259	92	7.31%

Predictable Passwords

- Identity Management solution that
 - restricts
 - passwords less than 14 characters
 - weak passwords
 - compromised passwords
 - rate limits intelligently
 - ex. exponentially, based on IP, etc.
 - Do NOT lockout accounts this creates a DoS vulnerability
 - has anomaly detection ex. odd login behavior
- Audit password hashes at least quarterly

Password Spray



Password Spray

- Password spraying:
 - Try one password across all accounts
 - Select next password, try across all accounts
 - pause as needed to avoid lockout or detections
- Typical rate ~200 passwords/day
- With ~1000 passwords
 - historically compromise ~20% of accounts
- Could rotate IP every request
 - rarely needed
- Is often completely missed by monitoring

Password Spray

- Mitigate what allowed this:
 - Internal Usernames in Metadata
 - Predictable Usernames
 - User enumeration
 - Password Policy
 - Weak passwords
 - MFA (next)
- Monitor for password attacks



Multi Factor Authentication (MFA) Misconfigurations



MFA - Misconfigurations

- MFA could have protected against the
 - user enumeration, password spray, DoS, and more
 IF it were configured securely
- The problem: MFA doesn't come in until AFTER password
 You've already see how dangerous this is
- Back in the day...
 the login screen had
 the username box, password box
 AND a box for your RSA token

 - if ANY of those were wrong
 you got a failed login
 you didn't know which one was w
- Usability drove us to where it is now
 - able to verify a password
 before MFA

🔯 PEN Consultants

user01		
•••••	•	
••••		

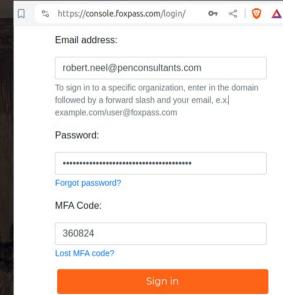




MFA - Misconfigurations

- Check MFA <u>before</u> the password in the back-end

 - dual benefit of
 - protecting against password attacks preventing a DoS attack
- •
- For SMS-based or push notification collect all three pieces of information (username+password+mfa)
 - verify the username+password on the back-end only before sending out the OTP/push prevents a flood of SMS/pushes
 - Also verify the OTP/push before giving a pass/fail back to the user or counting against a failed/lockout counter
- Resources
 - https://penconsultants.com/MFAFUD https://penconsultants.com/MFAAttacks



Multi Factor Authentication (MFA) Bypasses



Confidential & Copyright 2013 - 2025

Common misconception:

even though we have compromised passwords
we cannot get past MFA

Easy MFA bypasses...



Bypass 1: Account without MFA That user or service account. that got an exception

Bypass 2: Partial adoption rate

- new account / never logged in remotely
- prompt for setup after login
- we set up MFA on our phone

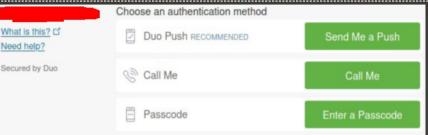


What is this? C

Need help?

Secured by Duo

- Bypass 3: Send an MFA push notification
- Attackers LOVE push MFA
 - less secure than SMS/text-based
- ~20% of your users will accept the push
 - out of habit/muscle memory
- If we have more than ~5 compromised accounts nearly a 100% chance of getting in



		Þue			
Acco	ounts (4)			Add 🕂	
	_	_	_		
	you loggin	g in to VM	Ware Vie	w?	
•					
	2:50 PM				
	×		~		
	Deny		Appro	ove	The States



Confidential & Copyright 2013 - 2025

Bypass 4: MFA Bombing

- send dozens of push requests
 - user gets annoyed enough...and accepts one
- Growing trend
- MFA push notification is TERRIBLE



Other Bypass methods

- Find a service without MFA
 - always seems to be one
 - Common: Azure, Mimecast, and other cloud services that are in sync with on-prem
- Brute force the MFA OTP
- MFA OTP check is client side initiated
 - and allows another user's MFA one-time password (OTP)
- Weak account recovery for missing MFA

 "In what city were you born?"

 Many other ways (we'll write a book one day)



- Direct correlation between usability and security with MFA
- MFA option roughly in order from strong to weak:
 - Hardware based ex. yubikey
 - App based OTP ex. google authenticator
 - Push with number match ex. Microsoft's solution
 - SMS based It's not the greatest, but not the worst, depends on carrier and settings
 - Push notification no social engineering or SIM swap/jack needed
 - Email based near worthless

- Blue Team / Defenders (cont.) Temporarily invalidated the OTP, once verified, to prevent brute-force
 - Note: not permanently that OTP will eventually repeat with time
- Require additional information for MFA sign-up employee number, DL, DOB, etc.

 - username and password alone is not sufficient
- Send email and text message after MFA sign-up increases chance it will detect a malicious takeover

 - Note: SolarWinds Armageddon of 2019-2021 was uncovered because a user received an MFA registration notification

Resources

- https://penconsultants.com/MFAFUD
 https://penconsultants.com/MFAAttacks

Remote Access



Remote Access

- With access to multiple accounts
 - we gain remote access to a workstation
 - as a standard user usually

← → ୯ ŵ	🛛 🔒 https://remote.	litrix/CSAppsWeb/	> O	O & https:/
			G Session	Desktop ×
Apps				Alaca
All (1)				
CS-Desktop-1912				8
CS-Desktop-1912 Apps				Carmen .
Actions:	Description:		A	Preparing Windows



Remote Access

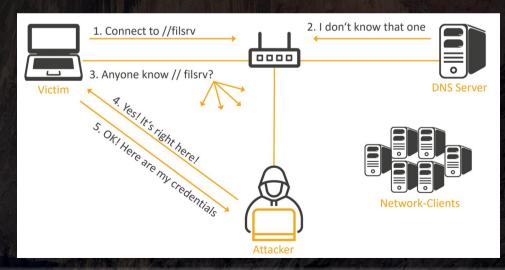
- Anomaly detection
 - abnormal login times 2 am?
 - abnormal login locations non-US?
 - geographically improbable access attempts hypersonic or teleportation?
- MFA prompt for internal authentication
 - ex. workstation, network share access, intranet, etc.
 - hopefully the user doesn't accept twice in a row



- Horizontal privilege escalation: accessing other users' data
 - other users' data on the box or network shares
 - credentials to other users' accounts
- Vertical privilege escalation: gaining a higher privilege access
 - local admin on the box
 - privileged domain account
 - domain admin

Examples

- Keylogger to grab IT admin creds
- Registry or Service weaknesses
- Creds in local or network share files
 - ~95% of the time
 - password spreadsheets
 - sysprep files
 - GPO startup scripts
 - SCCM/package installers
- Kerberoasting



Examples (cont.)

- Man-in-the-middle legacy, weak, or unused protocols
 - ARP, LLMNR, IPv6, SSL, RDP, SMTP, etc.
- Internal phishing
- A thousand other ways
- Very common
 - we always find a way

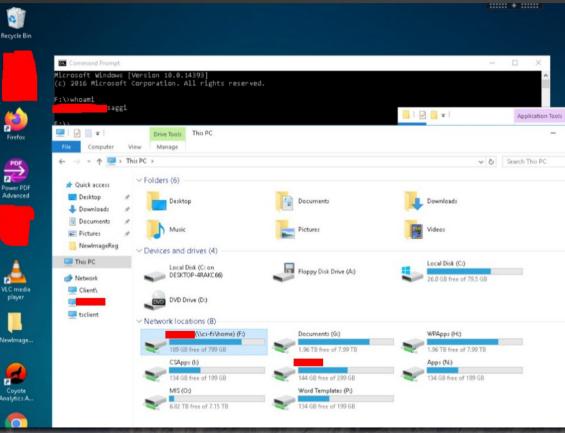
IPv6 address fe80::1319:19 is now assigned to mac=00:50:56:a7:2c:26 host=DC1 IPv6 address fe80::1319:20 is now assigned to mac=00:50:56:a7:03:8c host=DC1 IPv6 address fe80::1319:21 is now assigned to mac=00:50:56:a7:12:2a host=DC1 IPv6 address fe80::1319:22 is now assigned to mac=00:50:56:a7:03:03 host=DC1 IPv6 address fe80::1319:23 is now assigned to mac=00:50:56:a7:1b:ab host=DC1 IPv6 address fe80::1319:25 is now assigned to mac=00:50:56:a7:e7:c2 host=DEV IPv6 address fe80::1319:24 is now assigned to mac=00:50:56:a7:e7:c2 host=DEV IPv6 address fe80::1319:27 is now assigned to mac=00:50:56:a7:58:c9 host=DC1 IPv6 address fe80::1319:26 is now assigned to mac=00:50:56:a7:58:c9 host=DC1 IPv6 address fe80::1319:26 is now assigned to mac=00:50:56:a7:58:c9 host=DC1 IPv6 address fe80::1319:28 is now assigned to mac=00:50:56:a7:43:67 host=DC1 IPv6 address fe80::1319:29 is now assigned to mac=00:50:56:a7:43:67 host=DC1 IPv6 address fe80::1319:30 is now assigned to mac=00:50:56:a7:43:67 host=DC1 IPv6 address fe80::1319:30 is now assigned to mac=00:50:56:a7:43:67 host=DC1 IPv6 address fe80::1319:31 is now assigned to mac=00:50:56:a7:20:40 host=DC1 IPv6 address fe80::1319:31 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:31 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1 IPv6 address fe80::1319:32 is now assigned to mac=00:50:56:a7:30:40 host=DC1



- Disable and block protocols not being used
 - LLMNR & NBT-NS
 - IPv6 all Windows enabled by default
 - etc.
- Audit network share permissions and content
 - takes time/work, but this is a goldmine for attacker
- Too numerous to list all the things
 - Secure your internal network
 - Get a pentest



1) Crawl all of your open network shares always a lot of those • PII, PHI, IP, service account passwords, etc. 2) Compromise more systems, accounts, data 3) Repeat



Confidential & Copyright 2013 - 2025



61/71

- As we collect your data...
- Stage in prep for exfil
 - dedupe, filter, compress, obfuscate
- Note: testers attempt to:
 - minimize data collected
 - change to synthetic data at this point

- All the things mentioned so far
- Large anomalous data transfers
 - from network shares
 - to the disk
- Endpoint Detection & Response (EDR)
 - detect tooling and behavior
 - assuming attacker is on a managed device
- Endpoint Data loss prevention (DLP) maybe

 assuming no real-time obfuscation



Get the data out, and avoid detection
HTTP is often easiest

it blends right in with web traffic
HTTPS to sites categorized as healthcare or legal bypasses almost every time

DLP solutions rarely detect our exfil



- Get the data out / avoid detection
- Worst case scenario
 - zip the payload
 - change the first 2 bytes the magic bytes
 - decompression will fail
 - data cannot be analyzed
 - this fools nearly every pricey DLP solution
- Avoid large data transfer detections

 Or: Do it quick before caught

<pre>\$ xxd -c 28 medicalReport.zip</pre>
PKDN.X.:P
ACME_PII.txtUTffu
x]K.^.m
HD.XU1U.a&

\$ file medicalReport.zip
medicalReport.zip: Zip archive data,

\$ xxd -c 28 medicalReport.zip
RED.....DN.X.:...P.....
..ACME_PII.txtUT.....f...fu
x.....]K.^.m.....

\$ file medicalReport.zip medicalReport.zip: data



- Alert on large and anomalous data transfers
 - Internal & Outbound
 - Start incident response
- Tune and baseline DLP solutions
 - These are usually configured to ignore...
 - file types it does not recognize
 - large files
 - and so on
- Limit exceptions in DLP, SSL Inspection, etc.
 when able

Conclusion



Conclusion

- This attack chain used multiple, often risk-accepted, or not considered vulnerabilities
- Doesn't include many other common ways
- Bottom Line: Get a penetration test!
 - [–] full white box
 - don't waste your time on black box, time-limited testing - very low ROI from a reputable firm
 - - https://penconsultants.com/choosing
 key metric to look for: dozens of actionable findings

Questions?

Robert Neel

- Email: robert.neel@PENConsultants.com
- X: @redeemedHacker
- LinkedIn: RNeel

PEN Consultants

- Email: info@PENConsultants.com
- Web: https://PENConsultants.com
- X: @PENConsultants_
- LinkedIn: PENConsultants



Credits / References

Image: https://owasp.org/www-pdf-archive/OWASP_FFM _41_OffensiveActiveDirectory_101_MichaelRitter. pdf

