

Securing and testing with Mikrotik

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About me

- 16 years' I.T. experience
- 7 years teaching networking
- 6 years security analyst
- CEO at Cloud Networking Spain (Wisp Provider)
- Network architect at Ipink.
- Bachelor of Computer Science.
- Master ITIL.
- Security Certifications: Cisa and Cispp
- Mikrotik Certifications: MTCINE, MTCNA, MTCRE, MTCTCE, MTCWE, MTCUME
- Mikrotik Certified Trainer
- Security consultant

Objective

The objective of this presentation is to show the Mikrotik *tools* that help to *test* and *audit firewall* and *Qos* policies.

Schedule

- Duration: 30 minutes
- Introduction: 5 minutes
- Scenario 1 Testing Synflood rules: 15 minutes
- Scenario 2 Testing VoIP queue tree: 10 minutes

Problem

What to do when I need to test or audit if a router was enforcing QoS marking policies on incoming frames or was embracing complex security policies?

What to do when I need to teach QoS and complex firewall rules?



```
13 #my public addressing
14 add address=X.X.X.X comment="" disabled=no list=public-add
15
16 #my private addressing
17 add address=S.S.S.S/32 comment="" disabled=no list=internal-nets
18
19 #any port knock exclusions
20 add address=Y.Y.Y.Y comment="" disabled=no list=port-knock-3
21
22 #any SMTP exclusions
23 add address=Z.Z.Z.Z comment="" disabled=no list=smtp-bypass
24
25 /ip firewall filter
26 #match more than 5 pings in 5 seconds. Then drop the traffic inbound and forward
27 add action=accept chain=input comment="start of greg rules up to 5 pings in 5"
28 add action=add-src-to-address-list address-list=icmp-attack address-list-timeout=
29 disabled=no protocol=icmp
30 add action=drop chain=input comment="drop excessive icmp traffic for 12 hours"
31 add action=drop chain=forward comment="drop excessive icmp traffic for 12 hours"
32 #drop 1918 inbound
33 add action=drop chain=forward comment="block rfc 1918 and multicast inbound" disabled=no
34 add action=drop chain=forward comment="block our addressing inbound - spoofed" disabled=no
35 add action=drop chain=input comment="block rfc 1918 and multicast inbound" disabled=no
36 add action=drop chain=input comment="block our addressing inbound - spoofed" disabled=no
37 #start port knocking
38 add action=add-src-to-address-list address-list=port-knock-1 address-list-timeout=
39 dst-port=444 protocol=udp
40 add action=add-src-to-address-list address-list=port-knock-2 address-list-timeout=
41 dst-port=117 protocol=udp src-address-list=port-knock-1
42 add action=add-src-to-address-list address-list=port-knock-3 address-list-timeout=
43 dst-port=600 protocol=tcp src-address-list=port-knock-2
44 add action=accept chain=input comment="allow winbox in via port knock" disabled=no
45 add action=drop chain=input comment="allow winbox in via port knock" disabled=no
46 #port scans and DOS
47 add action=add-src-to-address-list address-list=port-scan address-list-timeout=
48 in-interface=ether1 protocol=tcp pps=21,3s,3,1 src-address-list=!internal-nets
49 add action=add-src-to-address-list address-list=port-scan address-list-timeout=
50 tcp-flags=fin,!syn,!rst,!psh,!ack,!urg
51 add action=add-src-to-address-list address-list=port-scan address-list-timeout=
52 fin,syn
53 add action=add-src-to-address-list address-list=port-scan address-list-timeout=
54 syn,rst
55 add action=add-src-to-address-list address-list=port-scan address-list-timeout=
56 fin,psh,urg,!syn,!rst,!ack
57 add action=add-src-to-address-list address-list=port-scan address-list-timeout=
58 fin,svn,rst,psh,ack,urg
```

August 2013
July 2013
June 2013
May 2013
April 2013
March 2013
February 2013
January 2013
December 2012
November 2012
October 2012
September 2012
August 2012
July 2012
June 2012
May 2012
April 2012
March 2012
February 2012
January 2012
December 2011
November 2011
October 2011
September 2011
August 2011

Firewall rules from Grew Sowel blog

Symptoms

We have a complex configuration and we have no idea how to test it.

Students or clients asking us to demonstrate that setting works.

Solution

We need tools to test and teach

Tools

There are a number of tools commonly used for testing or teaching networking that are present in mikrotik:

- Ping, Traceroute
- Real-time traffic monitoring and sniffer
- Traffic generator

External tools

Similar to others that are not present in mikrotik:

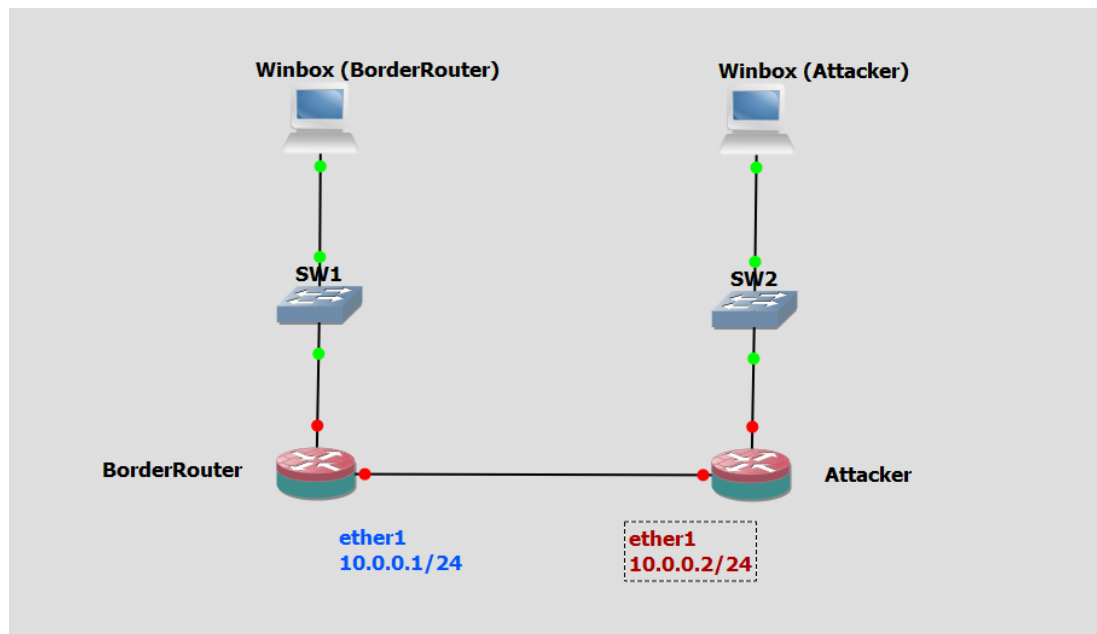
- Nmap and nping
- Hping3
- Scapy
- Wireshark

First scenario

In this scenario we will test three sets of firewall rules to limit a synflood attack.



Scenario 1



TCP handshake

Normally when a client attempts to start a TCP connection to a server, the client and server exchange a series of messages which normally runs like this:

- Client requests a connection by sending a SYN (synchronize) message to the server.
- The server acknowledges this request by sending SYN-ACK back to the client.
- The client responds with an ACK, and the connection is established.



TCP flags in Mikrotik firewall

Where can I find the tcp flags in Mikrotik router?

The screenshot shows the 'New Firewall Rule' dialog box in Mikrotik WinBox. The 'Advanced' tab is active. The 'TCP Flags' section is expanded, showing a list of flags: fin, ack, cwr, ece, and a highlighted 'fin' option. The 'enabled' checkbox at the bottom is checked.

General | Advanced | Extra | Action | Statistics

Src. Address List:

Dst. Address List:

Layer7 Protocol:

Content:

Connection Bytes:

Connection Rate:

Per Connection Classifier:

Src. MAC Address:

Out. Bridge Port:

In. Bridge Port:

Ingress Priority:

Priority:

DSCP (TOS):

TCP MSS:

Packet Size:

Random:

TCP Flags: ☐ fin ☐ ack ☐ cwr ☐ ece

ICMP Options: ☐ fin ☐ psh ☐ rst ☐ syn ☐ urg

TTL:

enabled

OK
Cancel
Apply
Disable
Comment
Copy
Remove
Reset Counters
Reset All Counters

Attack(syn flood)

SYN flood is a form of denial-of-service attack in which an attacker sends a succession of SYN requests to a target's system in an attempt to consume enough server resources to make the system unresponsive to legitimate traffic.

First scenario

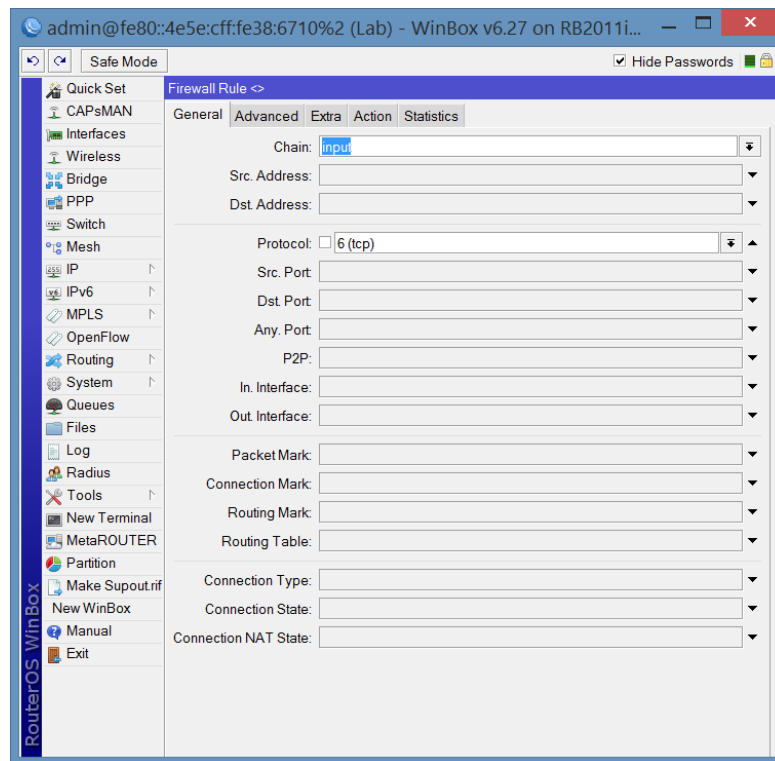
Testing synflood rules

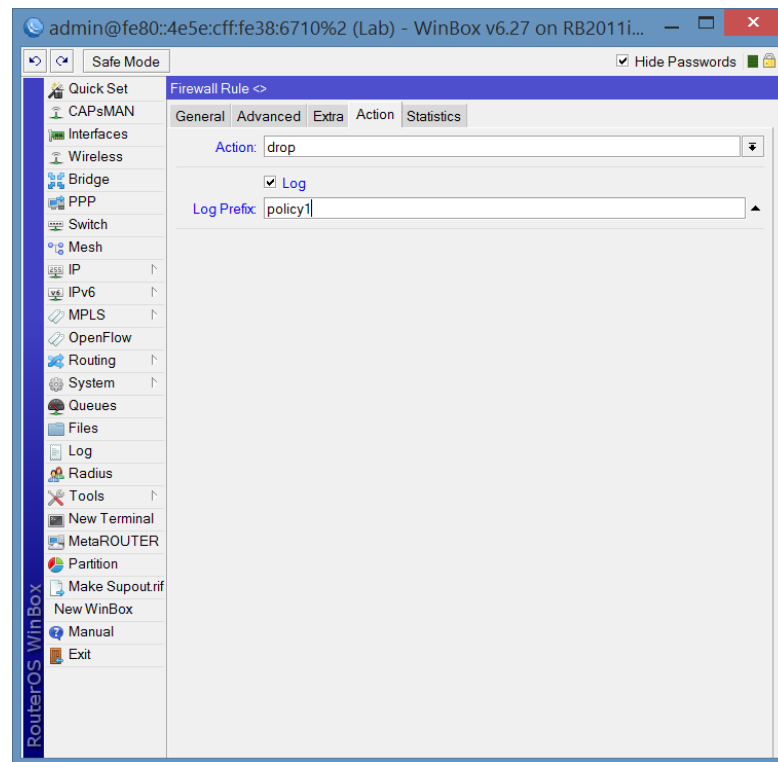
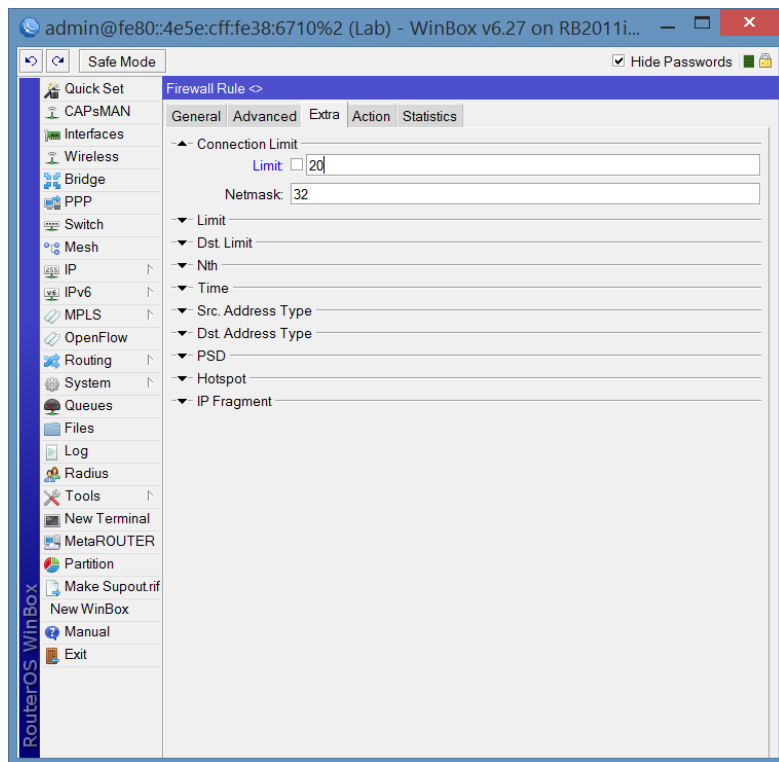
- [Rules configuration.](#)
- Preparing the traffic generator to generate traffic with certain characteristics.
- Testing the rules with the previous traffic.

First rule (Policy 1)

We configure a rule to try to stop or mitigate the attack:

```
/ip firewall filter add chain=input comment="synflood policy1"  
connection-limit=20,32 disabled=no protocol=tcp action=drop
```





Survey online

Does policy 1 work?

/ip firewall filter add chain=input comment="synflood policy1" connection-limit=20,32 disabled=no protocol=tcp action=drop

- No, this rule doesn't drop packets
- The rule works but doesn't limit the attack
- Yes, it limits the sinflood attack.

<http://freeonlinesurveys.com/s/JZxVzhiO>



First scenario

Testing synflood rules

- Rules configuration.
- Preparing the traffic generator to generate traffic with certain characteristics.
- Testing the rules with the previous traffic.

Tool to test the policy

- Traffic Generator is a tool that allows to evaluate performance of DUT (Device Under Test) or SUT (System Under Test).
- Tool can generate and send RAW packets over specific ports. It also collects latency and jitter values, tx/rx rates, counts lost packets and detects Out-of-Order (OOO) packets.

<http://freeonlinesurveys.com/s/JZxVzhiO>



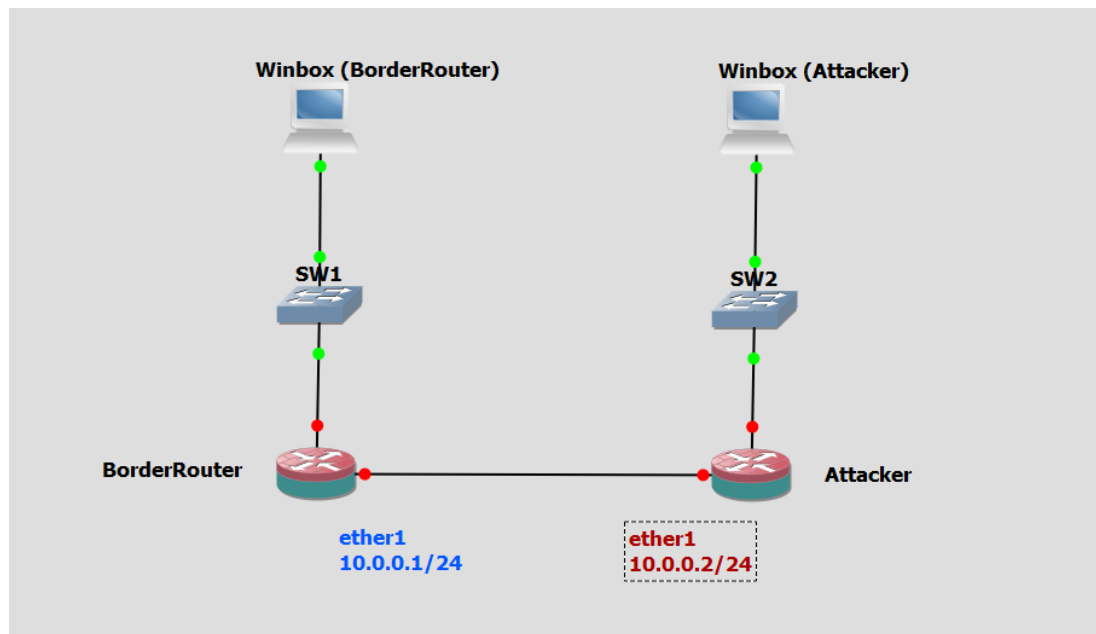
Crafting with traffic generator

Testing workflow





Scenario 1



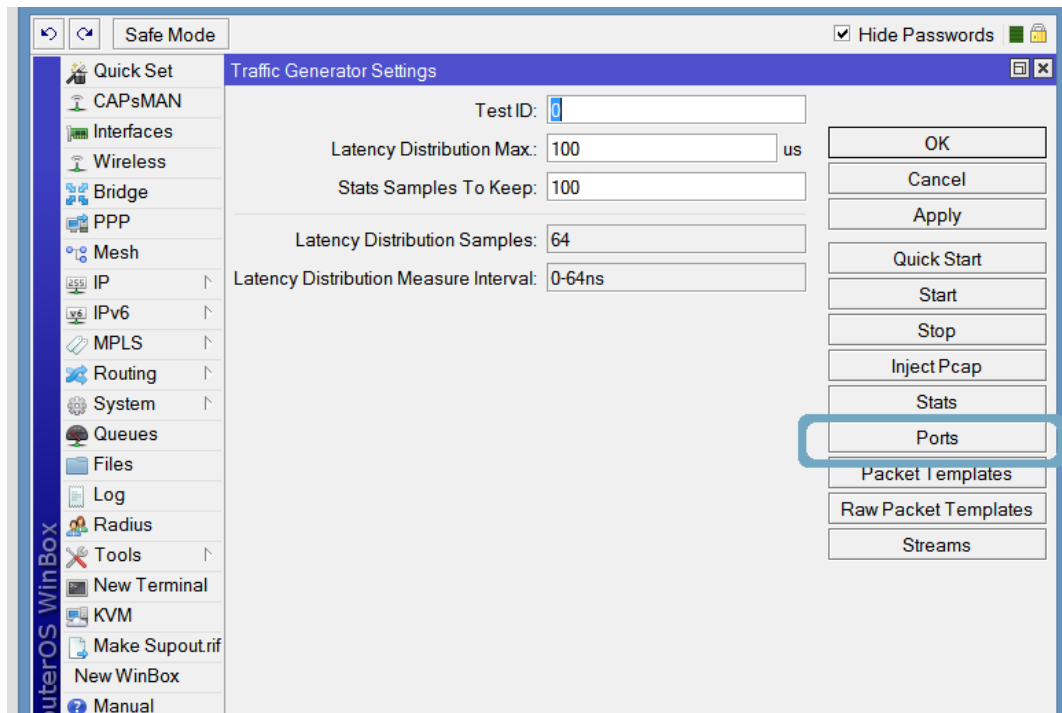
First scenario

Testing ynlood rules

- Rules configuration.
- Preparing the traffic generator to generate traffic with certain characteristics.
- Testing the rules with the previous traffic.



Traffic Generator (Port)





Traffic Generator (Port)

admin@192.168.32.1 (Attacker) - WinBox v6.28 on x86 (x86)

Safe Mode ☒ Hide Passwords

Quick Set
CAPsMAN
Interfaces
Wireless
Bridge
PPP
Mesh
IP
IPv6
MPLS
Routing
System
Queues
Files
Log
Radius
Tools
New Terminal
KVM
Make Supout.rif
New WinBox
Manual
Exit

Traffic Generator Settings

Test ID: 0
Latency Distribution Max: 100 us
Stats Samples To Keep: 100

OK
Cancel
Apply

Traffic Generator Ports

Name	Interface	First Header
port1	ether1	mac

Find

1 item (1 selected)

enabled

Traffic Generator Port <port1>

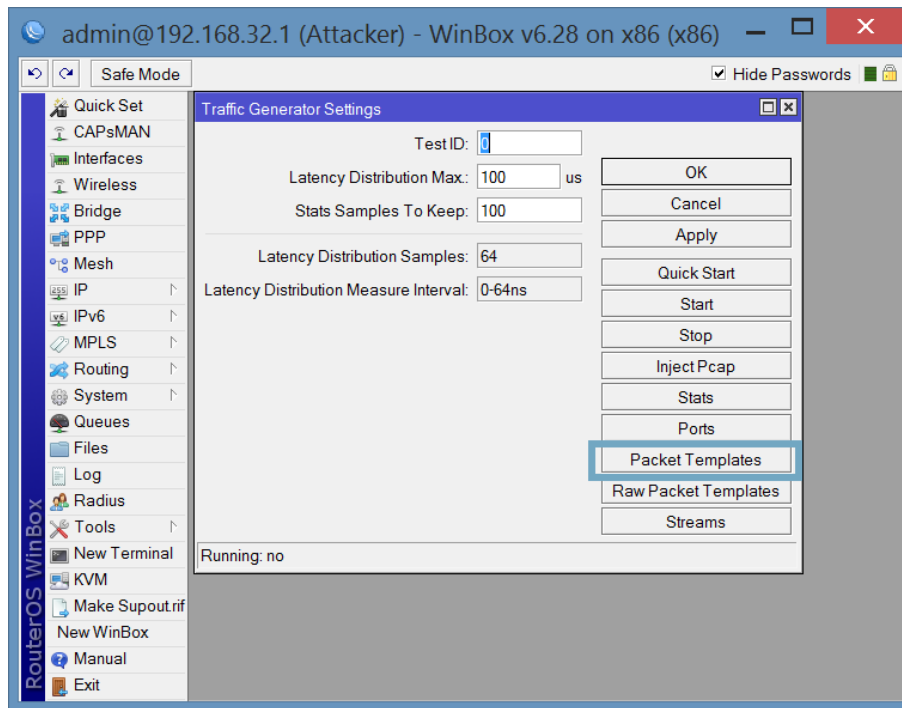
Name: port1
Interface: ether1
First Header: mac

OK
Cancel
Apply
Disable
Copy
Remove

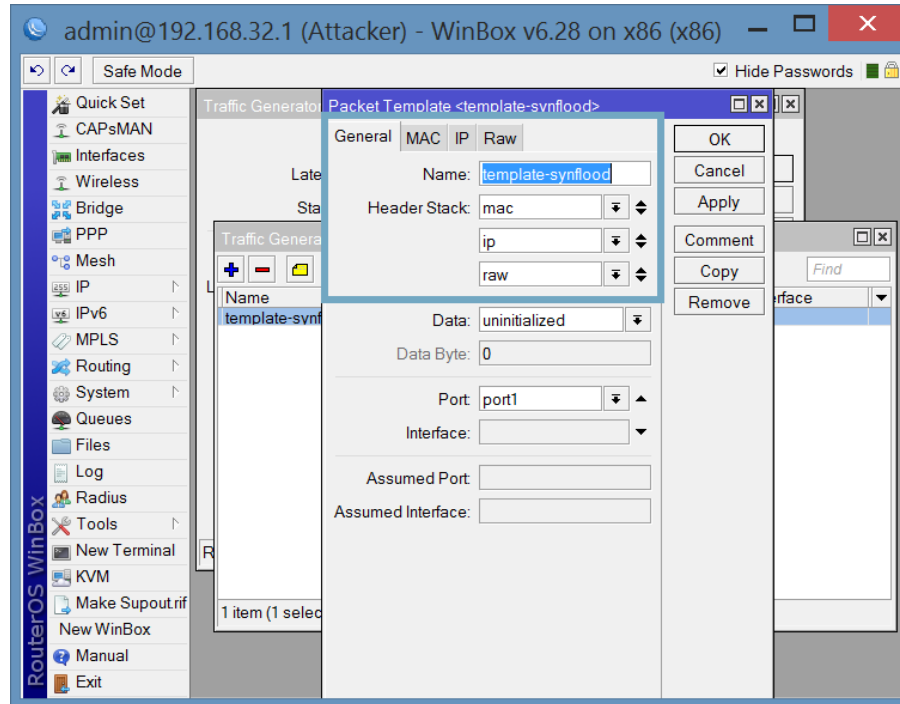
Running: no



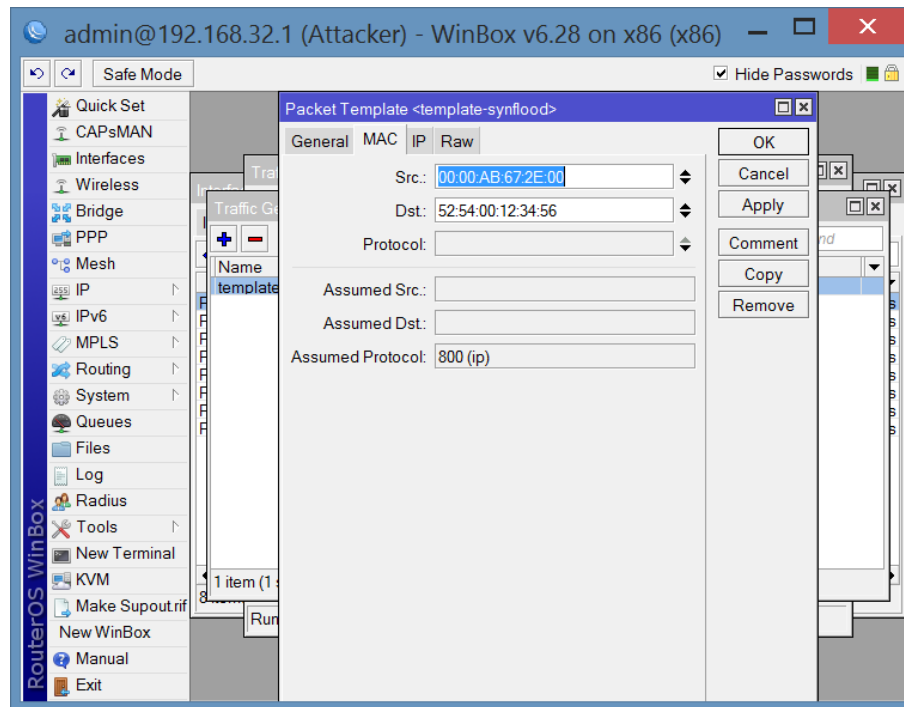
Traffic Generator (Packet Template)



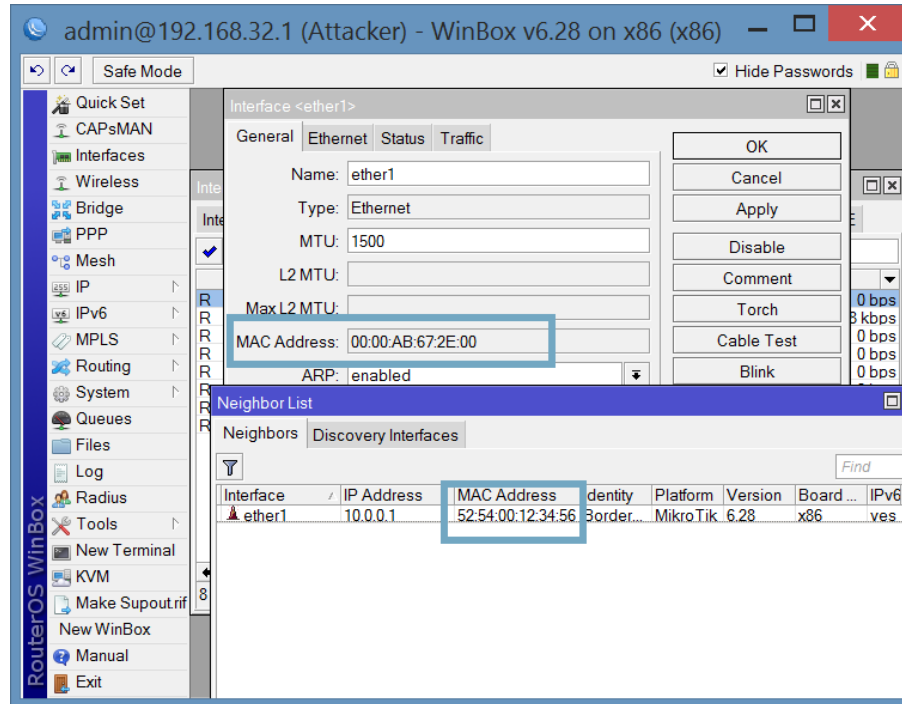
Traffic Generator (Packet Template)



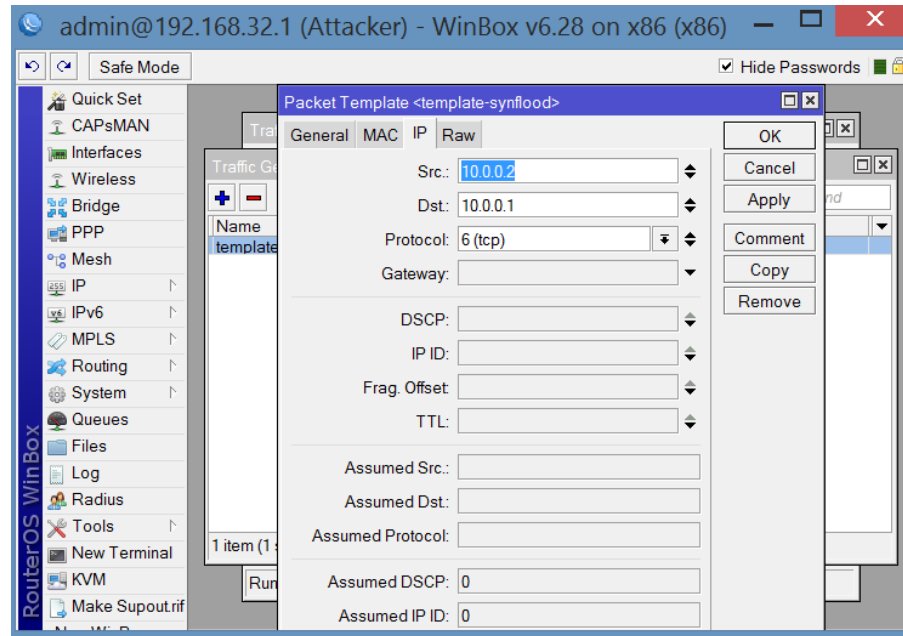
Traffic Generator(Packet Template)



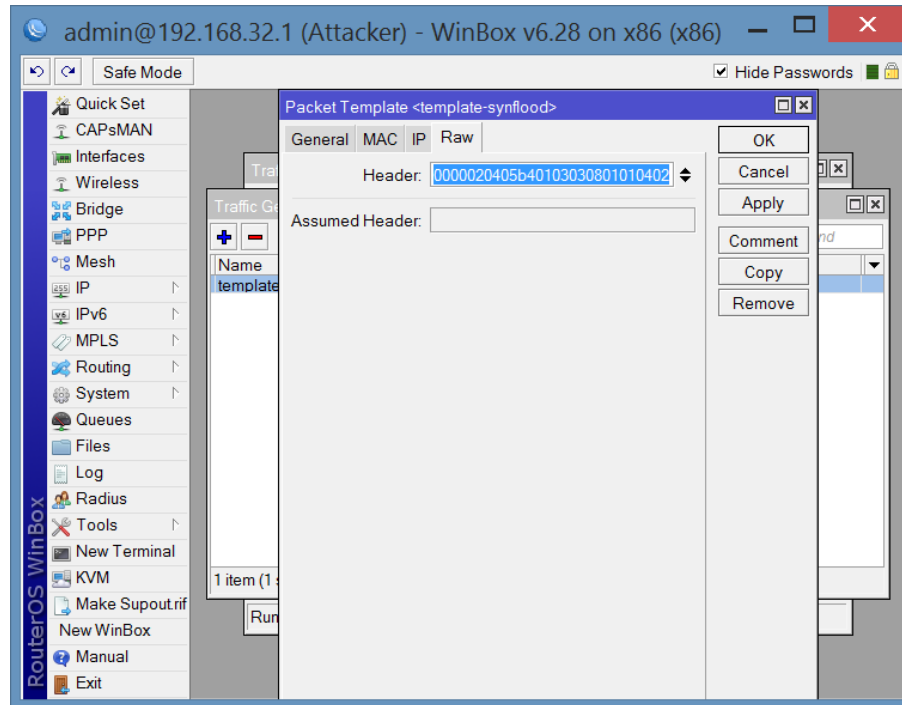
Traffic Generator(Packet Template)

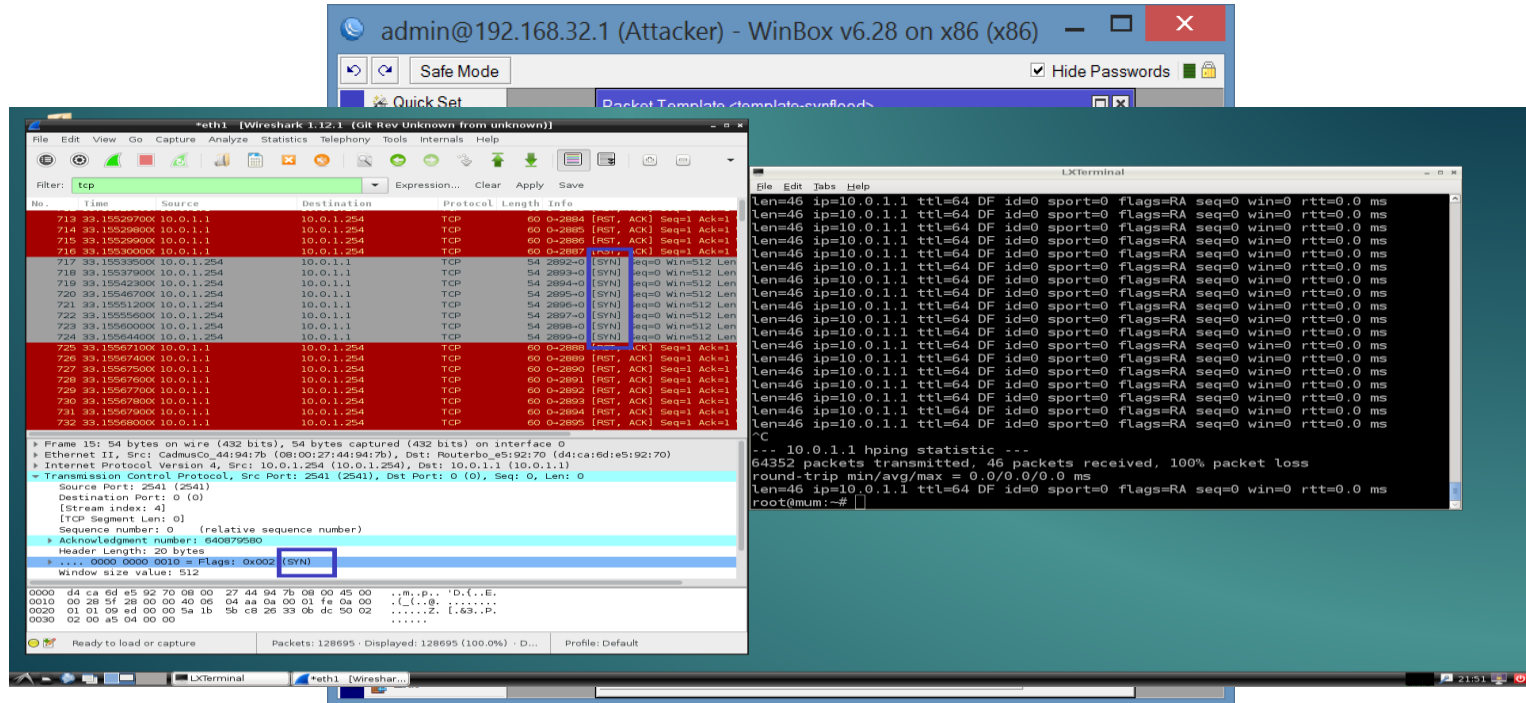


Traffic Generator(Packet Template)

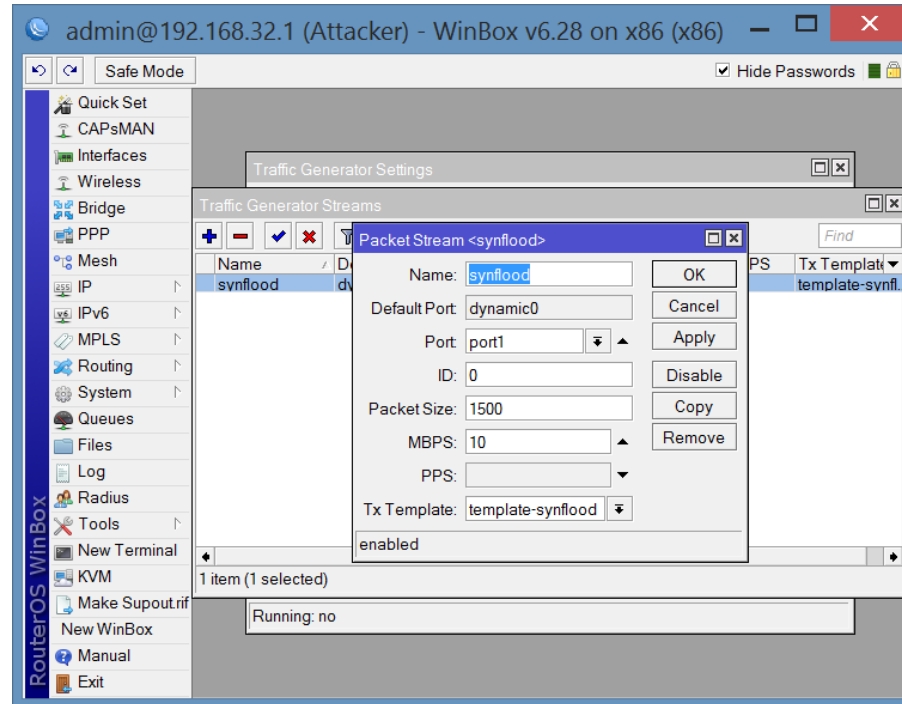


Traffic Generator(Packet Template)





Traffic Generator(Stream)



First scenario

Testing ynlood rules

- Rules configuration.
- Preparing the traffic generator to generate traffic with certain characteristics.
- Testing the rules with the previous traffic.

Traffic Generator(Quick start)

admin@192.168.32.1 (Attacker) - WinBox v6.28 on x86 (x86)

Safe Mode ☒ Hide Passwords

Quick Start

TestID: 0

Stream: synflood

Port: port1

Interface:

Packet Size:

PPS:

MBPS:

Tx Template:

Start

Stop

Close

New Window

Seq	ID	Tx Packets	Tx Rate	Rx Packets	Rx Rate	Lost Packets	Lost Rate
1	0	10	120.0 kbps	0	0 bps	10	120.0 kbps
2	0	10	120.0 kbps	0	0 bps	10	120.0 kbps
3	0	10	120.0 kbps	0	0 bps	10	120.0 kbps
4	0	10	120.0 kbps	0	0 bps	10	120.0 kbps
5	0	10	120.0 kbps	0	0 bps	10	120.0 kbps
TOT	0	50	120.0 kbps	0	0 bps	50	120.0 kbps

RouterOS WinBox

Quick Set

CAPsMAN

Interfaces

Wireless

Bridge

PPP

Mesh

IP

IPv6

MPLS

Routing

System

Queues

Files

Log

Radius

Tools

New Terminal

KVM

Make Supout.tif

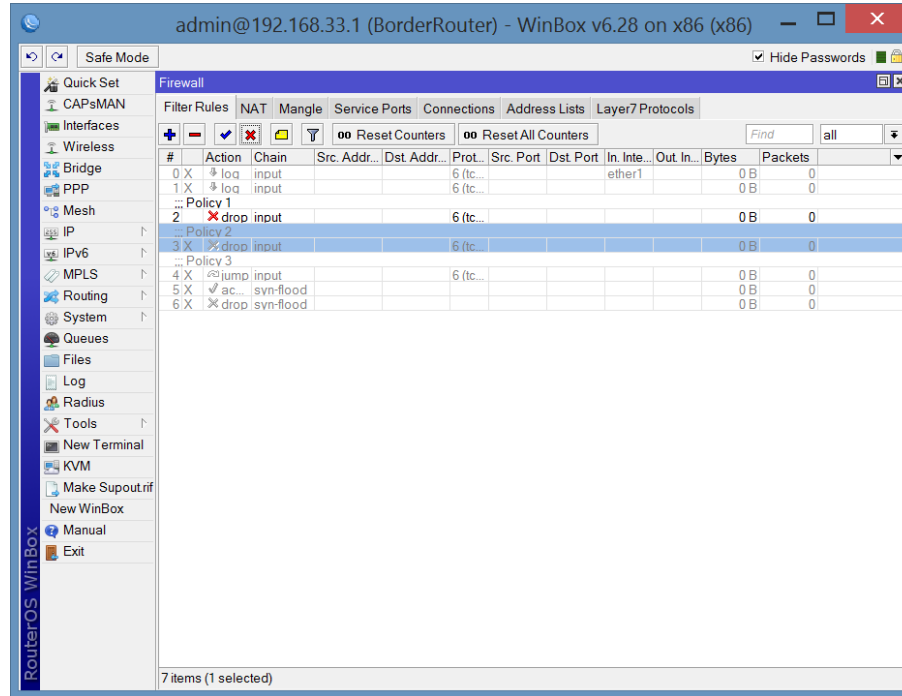
New WinBox

Manual

Exit



Border Router Counters (policy 1)



Survey online

Does policy 1 work?

```
/ip firewall filter add chain=input comment="synflood policy1" connection-  
limit=20,32 disabled=no protocol=tcp tcp-flags=syn action=drop
```

- No, this rule doesn't drop packets
- The rule works but doesn't limit the attack
- Yes, it limits the synflood attack.

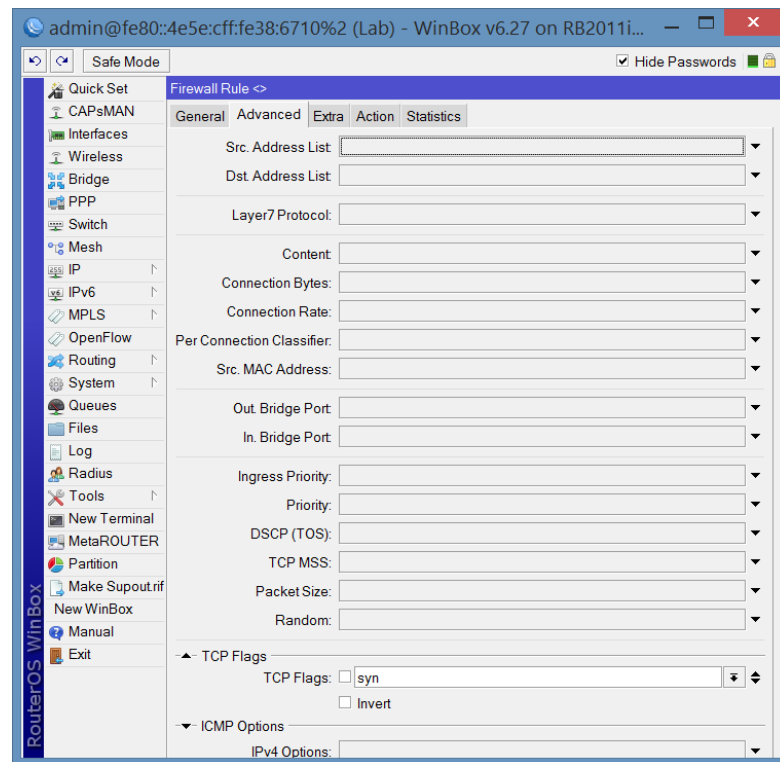
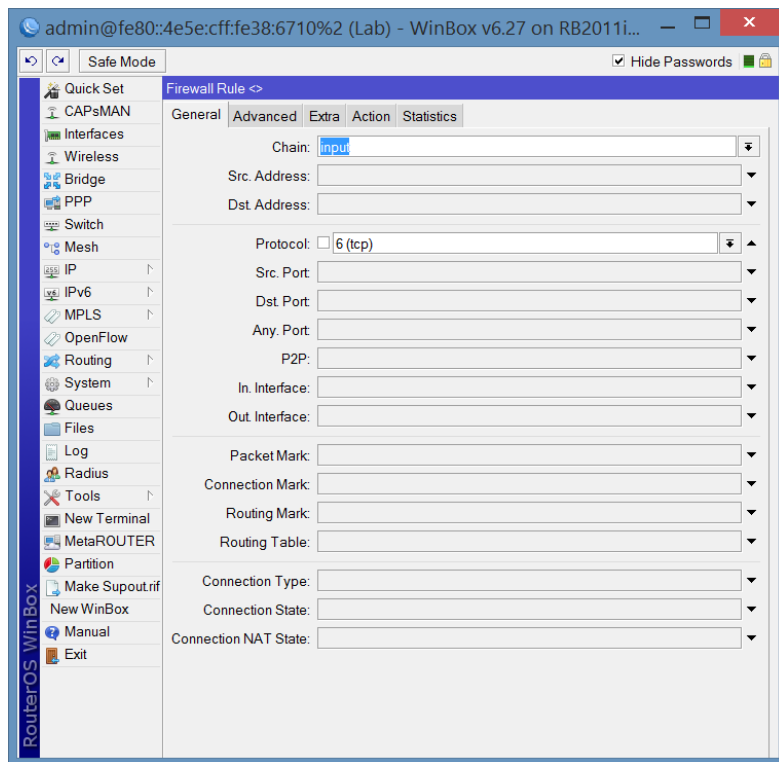
Policy 1

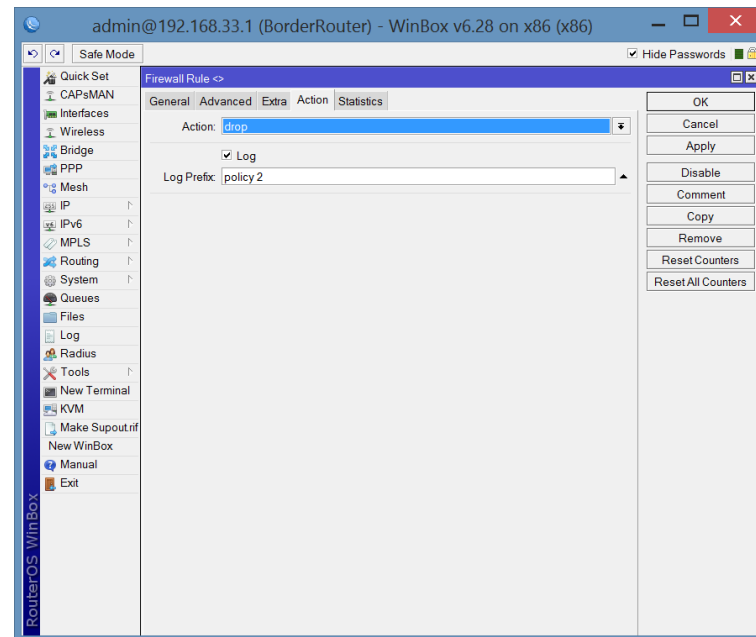
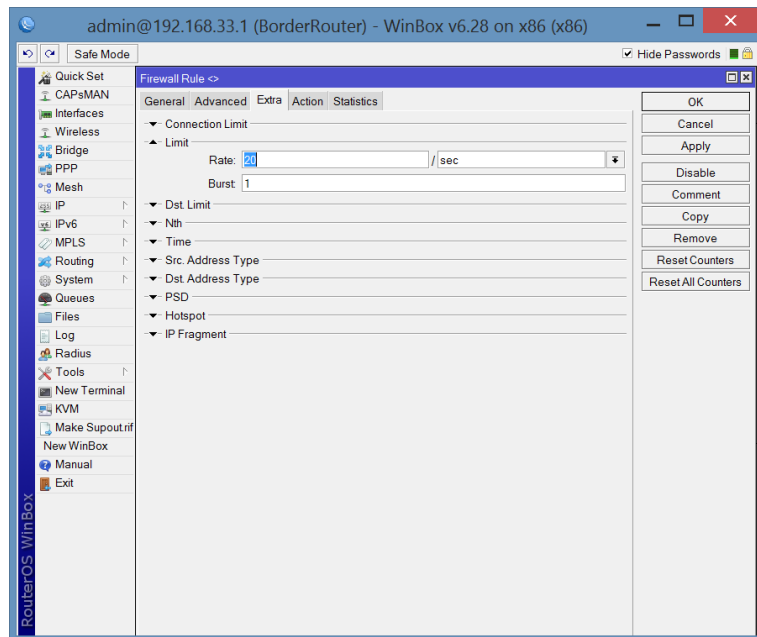
No, this rule doesn't drop packets
Because the attacker never established connections and there is a
connection limit that doesn't apply

Policy 2

```
/ip firewall filter add chain=input limit=20,1 protocol=tcp tcp-flags=syn
```

<http://freeonlinesurveys.com/s/JZxVzhiO>





Survey online

Does policy 2 work?

```
/ip firewall filter add chain=input limit=20,1 protocol=tcp tcp-flags=syn  
action=drop
```

- No, this rule doesn't drop packets
- The rule works but doesn't limit the attack
- Yes, it limits the sinflood attack.

<http://freeonlinesurveys.com/s/JZxVzhiO>



Why the counters are incremented 40 every 2 seconds?

admin@192.168.33.1 (BorderRouter) - WinBox v6.28 on x86 (x86)

Safe Mode ☒ Hide Passwords

Quick Set
CAPsMAN
Interfaces
Wireless
Bridge
PPP
Mesh
IP
IPv6
MPLS
Routing
System
Queues
Files
Log
Radius
Tools
New Terminal
KVM

Firewall

Filter Rules NAT Mangle Service Ports Connections Address Lists Layer7 Protocols

+ - ✓ ✗ 📄 🔍 00 Reset Counters 00 Reset All Counters Find all

#	Action	Chain	Src. Addr...	Dst. Addr...	Prot...	Src. Port	Dst. Port	In. Inte...	Out. In...	Bytes	Packets
0 X	log	input			6 (tc...			ether1		0 B	0
1 X	log	input			6 (tc...					0 B	0
2 X	drop	input			6 (tc...					0 B	0
3	drop	input			6 (tc...			ether1		512.3 KiB	353

Survey online

Does policy 2 work?

The rule works but doesn't limit the attack
In this case only drops 20 packets every second

<http://freeonlinesurveys.com/s/JZxVzhiO>

Policy 3

```
/ip firewall filter  
add action=jump chain=input comment="Policy 3" jump-target=syn-flood protocol=tcp tcp-flags=syn  
add chain=syn-flood limit=100,5  
add action=drop chain=syn-flood
```

<http://freeonlinesurveys.com/s/JZxVzhiO>

Survey online

Does policy 3 work?

```
/ip firewall filter
add action=jump chain=input comment="Policy 3" jump-target=syn-flood protocol=tcp tcp-flags=syn
add chain=syn-flood limit=100,5
add action=drop chain=syn-flood
```

- No, this rule doesn't drop packets
- The rule works but doesn't limit the attack
- Yes, it limits the synflood attack.



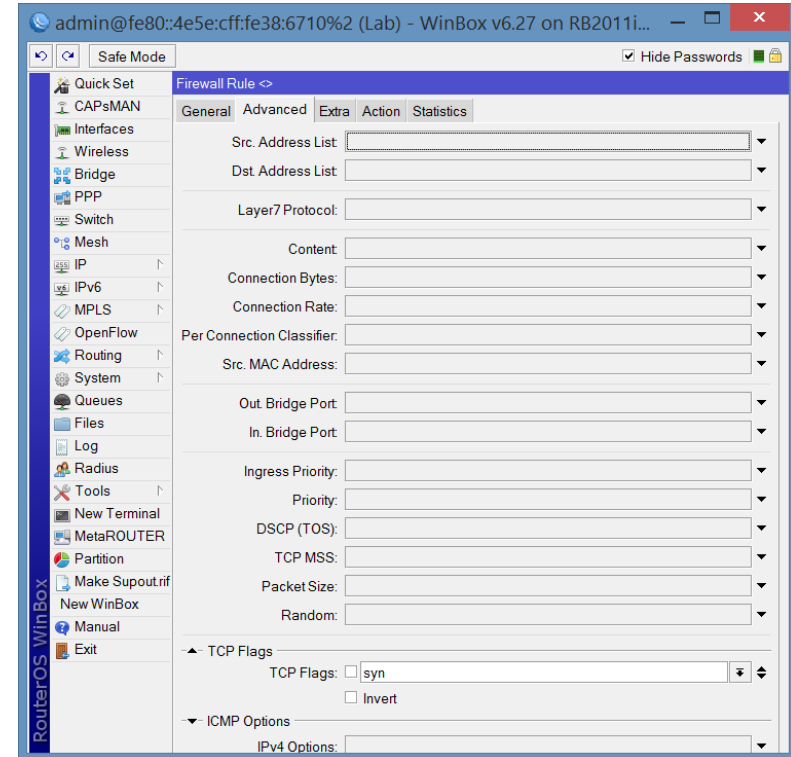
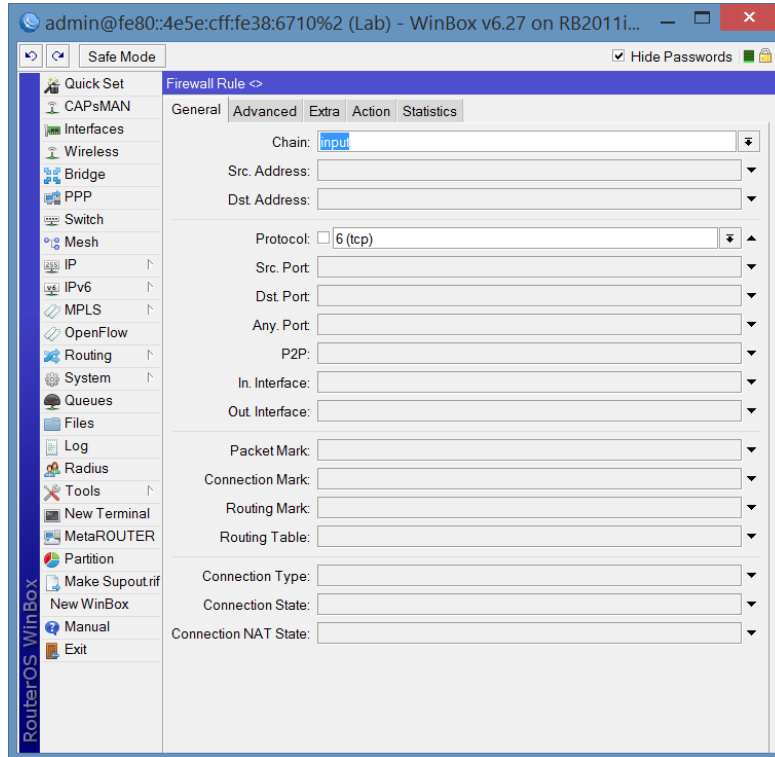
<http://freeonlinesurveys.com/s/JZxVzhiO>

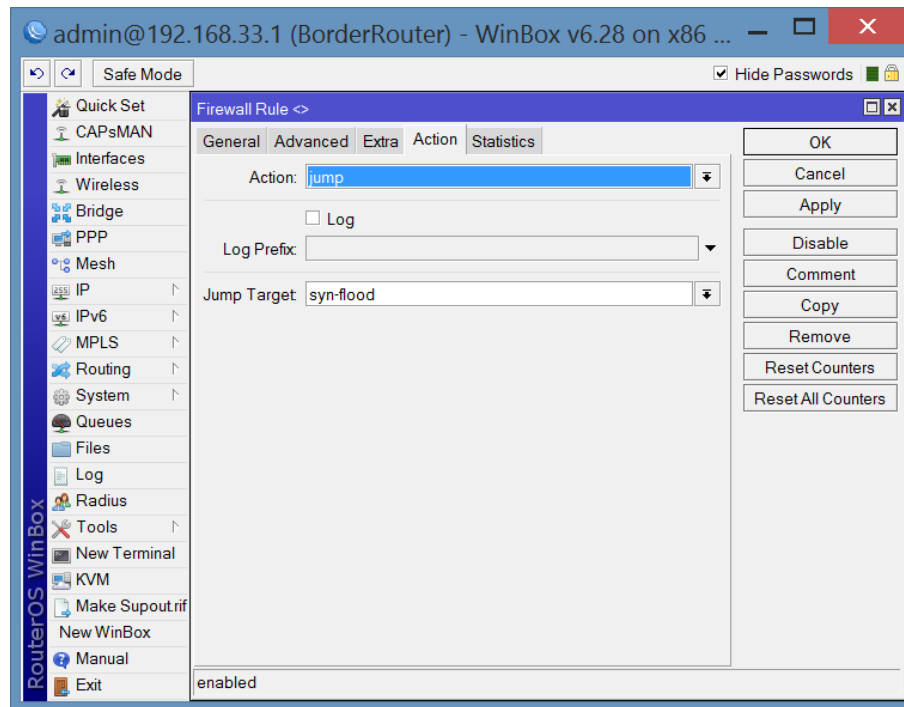
Policy 3 (First rule)

/ip firewall filter

add action=jump chain=input comment="Policy 3" jump-target=syn-flood protocol=tcp tcp-flags=syn

<http://freeonlinesurveys.com/s/JZxVzhiO>



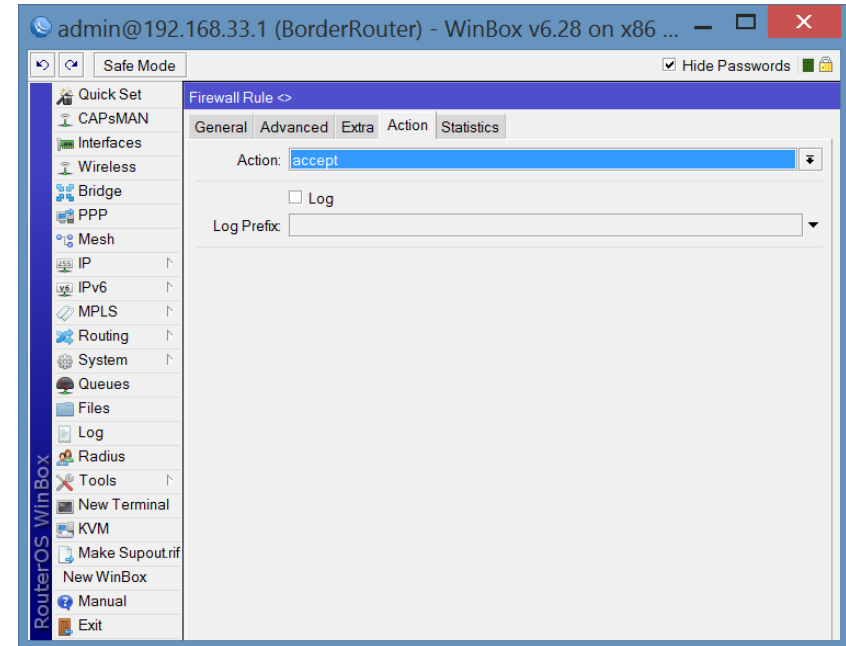
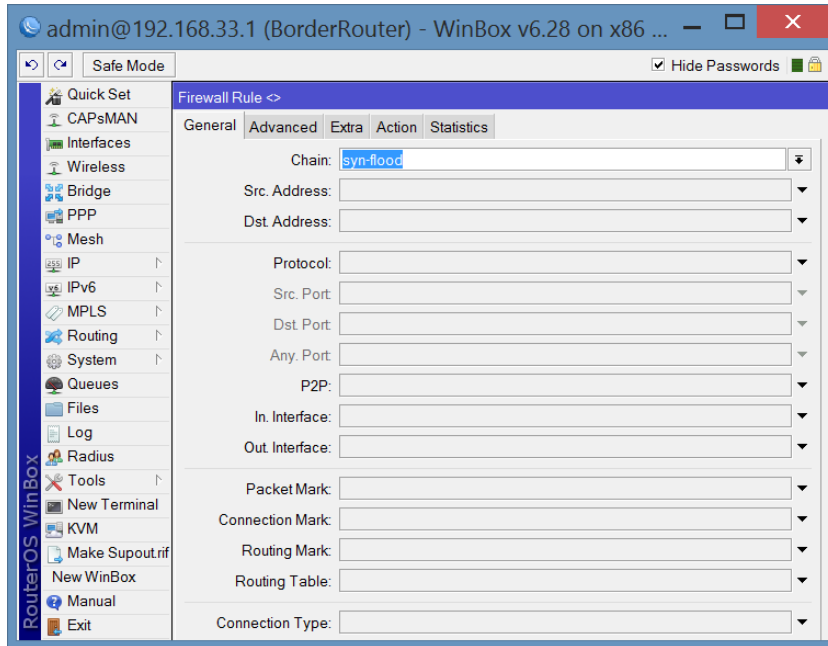


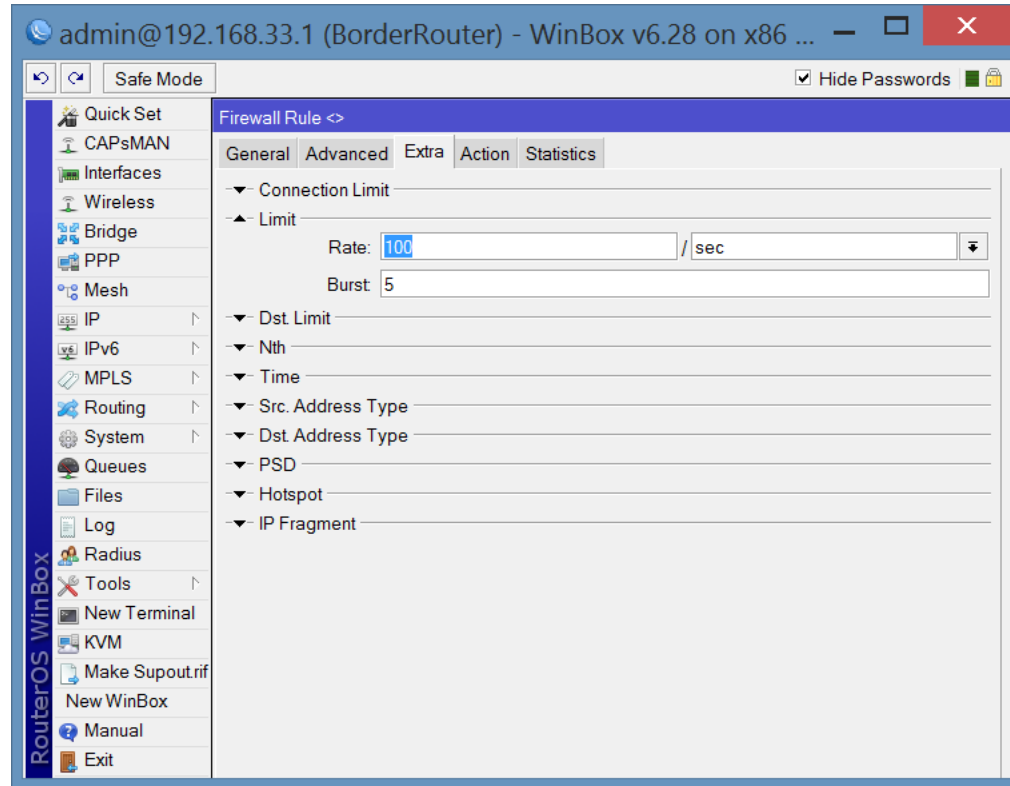
Policy 3 (Second rule)

```
/ip firewall filter  
add chain=syn-flood limit=100,5
```



<http://freeonlinesurveys.com/s/JZxVzhiO>



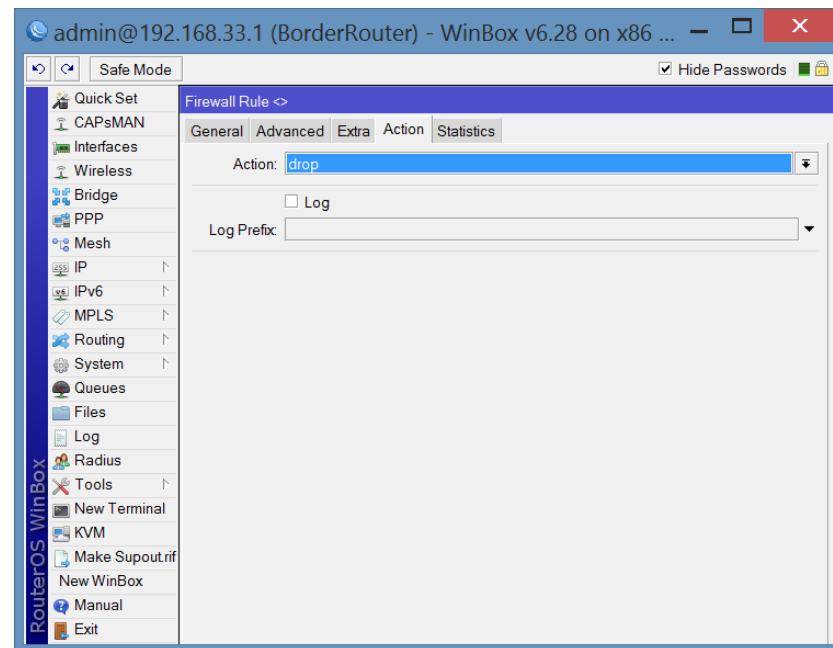
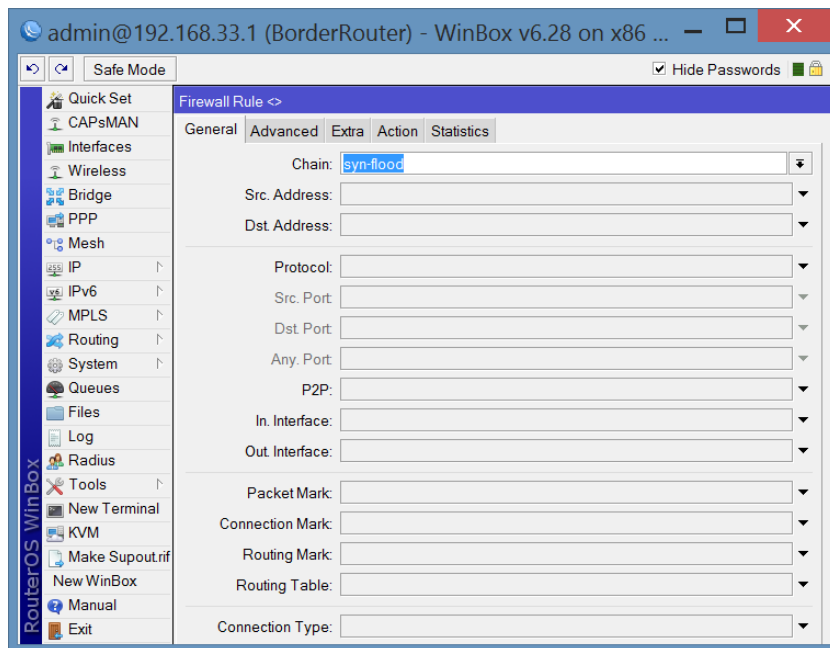


Policy 3 (Third rule)

```
/ip firewall filter  
add action=drop chain=syn-flood
```



<http://freeonlinesurveys.com/s/JZxVzhiO>



Survey online

Does policy 3 work?

```
/ip firewall filter
add action=jump chain=input comment="Policy 3" jump-target=syn-flood protocol=tcp tcp-flags=syn
add chain=syn-flood limit=100,5
add action=drop chain=syn-flood
```

- No, this rule doesn't drop packets
- The rule works but doesn't limit the attack
- Yes, it limits the synflood attack.

<http://freeonlinesurveys.com/s/JZxVzhiO>

Survey online

Does policy 3 work?

```
/ip firewall filter  
add action=jump chain=input comment="Policy 3" jump-target=syn-flood protocol=tcp tcp-flags=syn  
add chain=syn-flood limit=100,5  
add action=drop chain=syn-flood
```

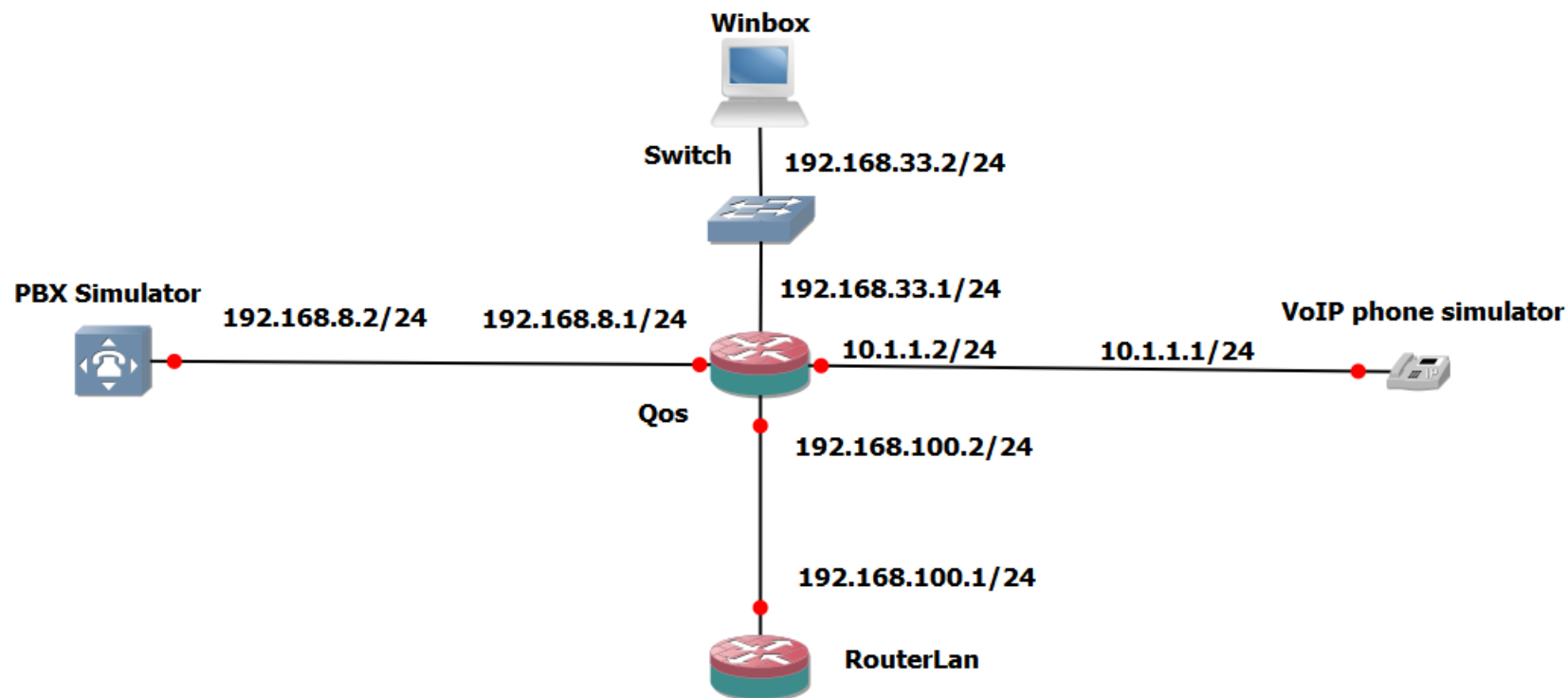
Yes, it limits the synflood attack.

<http://freeonlinesurveys.com/s/JZxVzhiO>



Scenario 2 (Testing QoS)

In this laboratory we will test
packet marking configuration and queue tree



Router Configuration

```
[admin@VoIPPhoneSimulator] > ip address print
```

Flags: X - disabled, I - invalid, D - dynamic

#	ADDRESS	NETWORK	INTERFACE
0	10.1.1.1/24	10.1.1.0	ether1

Router Configuration

```
[admin@RouterLan] > ip address print
```

Flags: X - disabled, I - invalid, D - dynamic

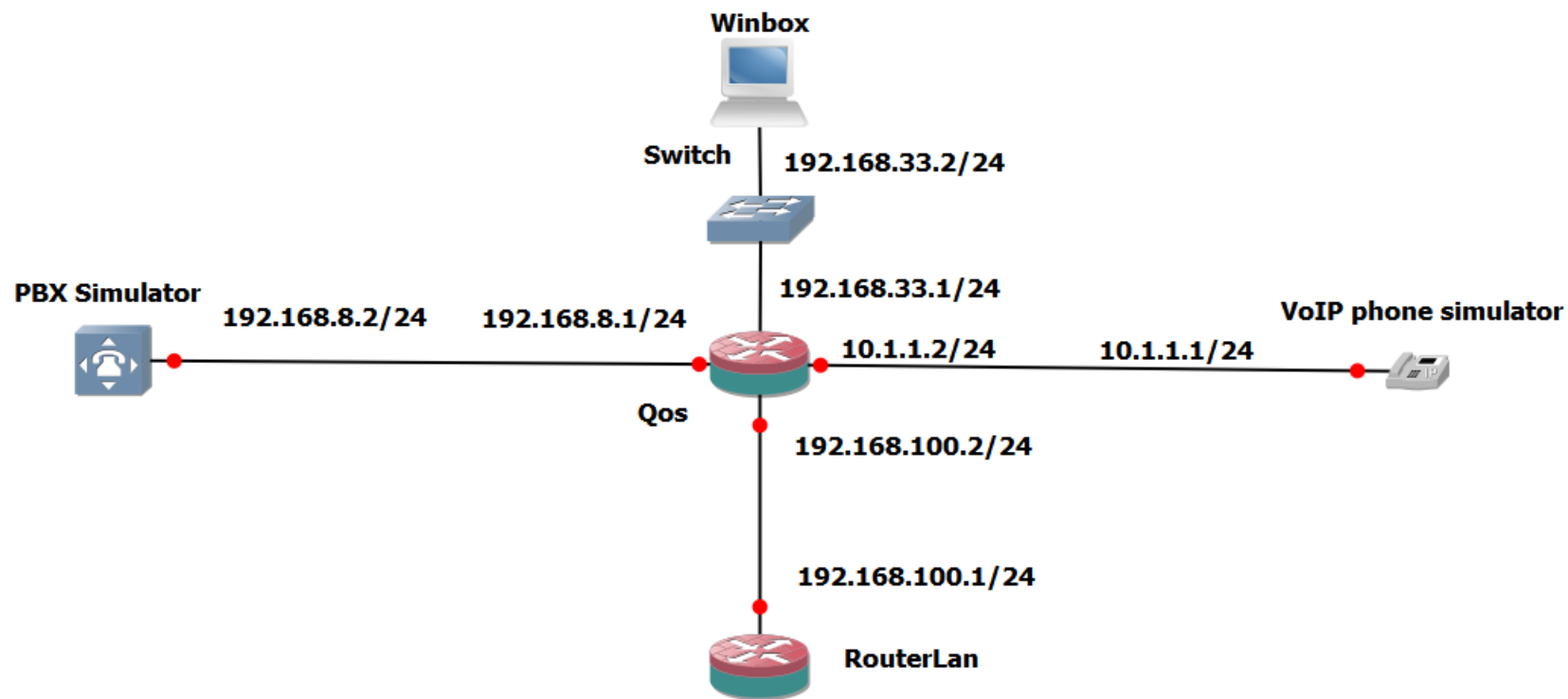
#	ADDRESS	NETWORK	INTERFACE
0	192.168.100.1/24	192.168.100.0	ether1

Router Configuration

```
[admin@PbxSimulator] > ip address print
```

Flags: X - disabled, I - invalid, D - dynamic

#	ADDRESS	NETWORK	INTERFACE
0	192.168.8.2/24	192.168.8.0	ether1



Scenario 2

in this case we will try a queue tree configuration that prioritizes voice traffic. QoS router has mangle rules and queue tree limitations.

Mangle rules

```
[admin@Qos] > ip firewall mangle print
```

Flags: X - disabled, I - invalid, D - dynamic

```
0   ;;; Normal traffic
```

```
chain=prerouting action=mark-packet new-packet-mark=Rest passthrough=yes src-address=192.168.100.1  
dst-address=192.168.8.2 log=no log-prefix=""
```

```
1   ;;; RTP traffic
```

```
chain=prerouting action=mark-packet new-packet-mark=VoipPhones passthrough=no dscp=46 log=no  
log-prefix=""
```

```
2   ;;; SIP traffic
```

```
chain=prerouting action=mark-packet new-packet-mark=VoipPhones passthrough=no dscp=26 log=no  
log-prefix=""
```



Dscp values Voip calls

SIP signaling messages will be marked by DSCP value of 26



Dscp values Voip calls

RTP voice audio data will be marked by DSCP value of 46

Mangle rules

```
[admin@Qos] > ip firewall mangle print
```

Flags: X - disabled, I - invalid, D - dynamic

```
0   ;;; Normal traffic
```

```
chain=prerouting action=mark-packet new-packet-mark=Rest passthrough=yes src-address=192.168.100.1  
dst-address=192.168.8.2 log=no log-prefix=""
```

```
1   ;;; RTP traffic
```

```
chain=prerouting action=mark-packet new-packet-mark=VoipPhones passthrough=no dscp=46 log=no  
log-prefix=""
```

```
2   ;;; SIP traffic
```

```
chain=prerouting action=mark-packet new-packet-mark=VoipPhones passthrough=no dscp=26 log=no  
log-prefix=""
```

Queue tree

```
[admin@Qos] > queue tree print
```

```
Flags: X - disabled, I - invalid
```

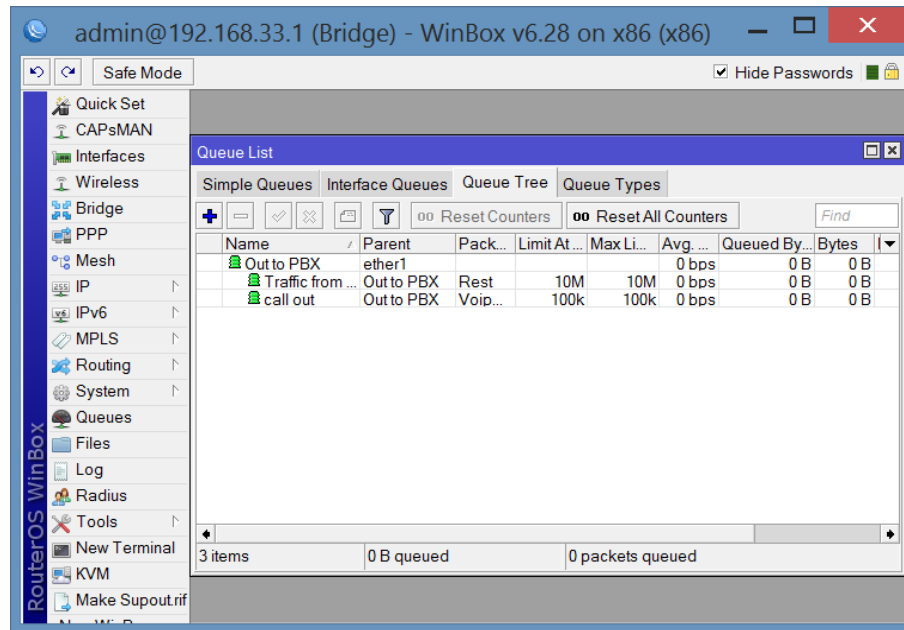
```
0  name="Out to PBX" parent=ether1 packet-mark="" limit-at=0 queue=default priority=8 max-limit=0  
    burst-limit=0 burst-threshold=0 burst-time=0s
```

```
1  name="call out" parent=Out to PBX packet-mark=VoipPhones limit-at=100k queue=default  
    priority=1  
    max-limit=100k burst-limit=100k burst-threshold=100k burst-time=10s
```

```
2  name="Traffic from Router Lan" parent=Out to PBX packet-mark=Rest limit-at=10M  
    queue=default priority=8  
    max-limit=10M burst-limit=10M burst-threshold=10M burst-time=10s
```



Queue tree





Testing workflow



Testing steps

We will prepare 3 different packets with Traffic Generator in VoIPPhoneSimulator Router:

- Two packets will simulate VoIP traffic (Rtp and SIP)
- The other packet we'll simulate traffic from RouterLan (with spoofing)
- We create a stream with the three previous packets

Dscp values Voip calls

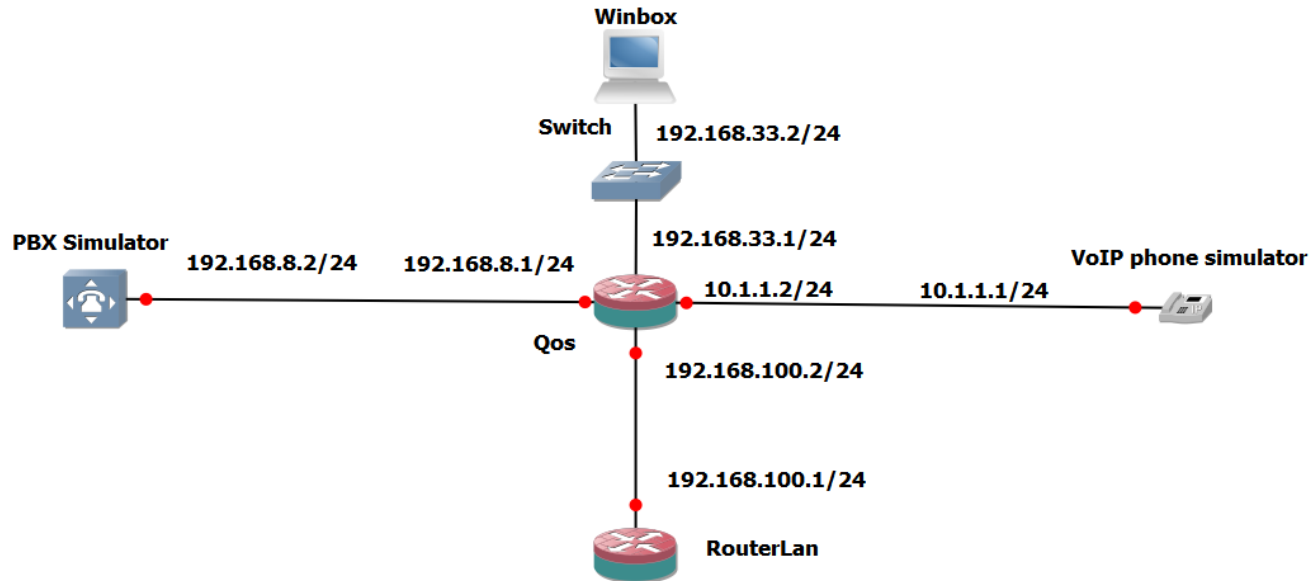
SIP signaling messages will be marked by DSCP value of 26

A DSCP value of 26 results in a ToS byte value of 104 AF31=0x68
(=104)

Dscp values Voip calls

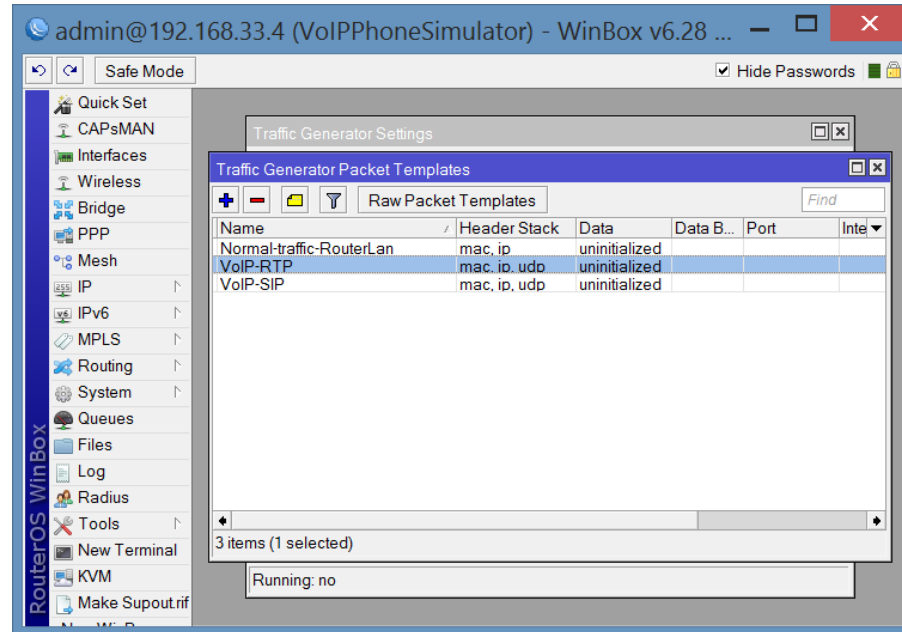
RTP voice audio data will be marked by DSCP value of 46
A DSCP value of 46 results in a ToS byte value of 184 EF=0xB8

Scenario 2



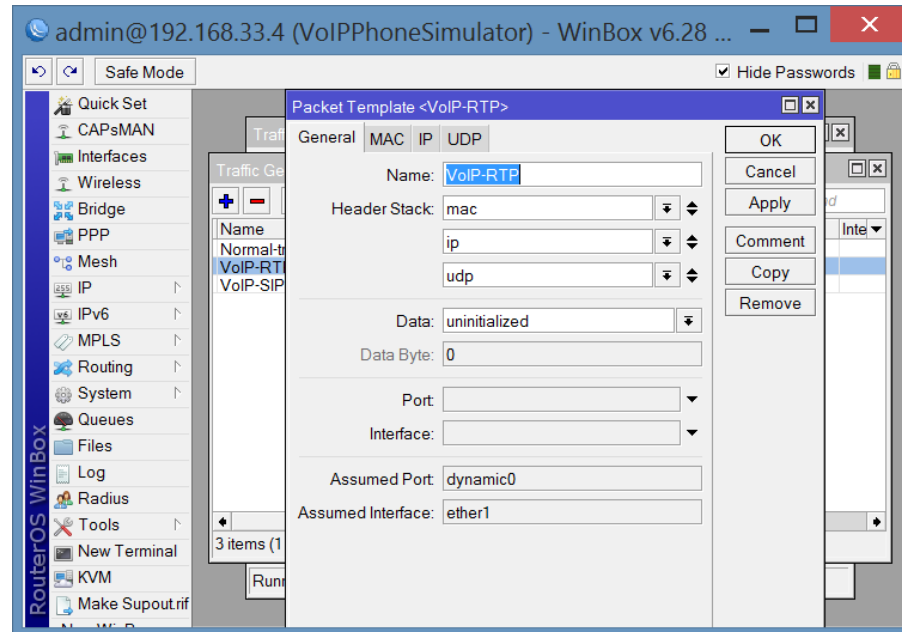


Rtp packet

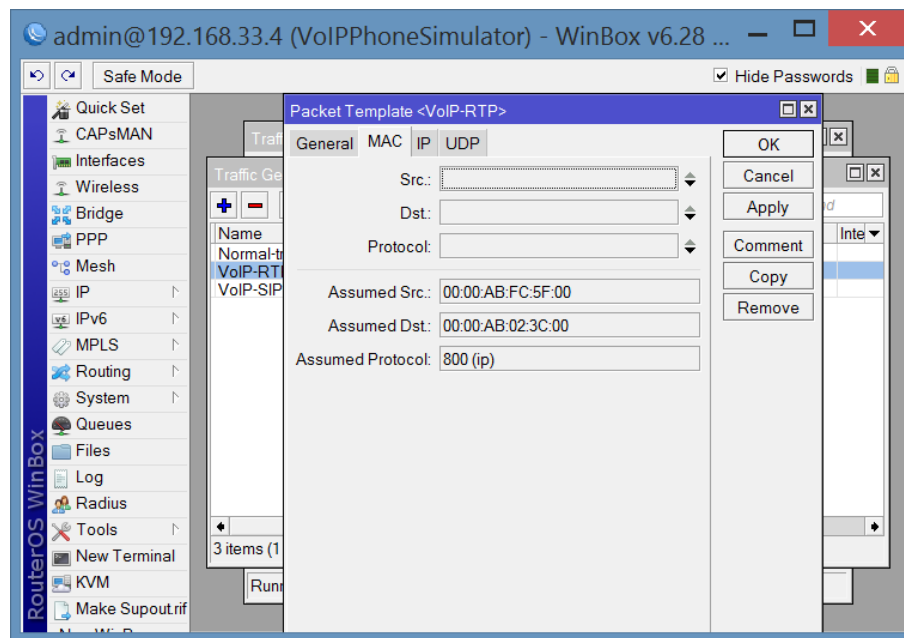




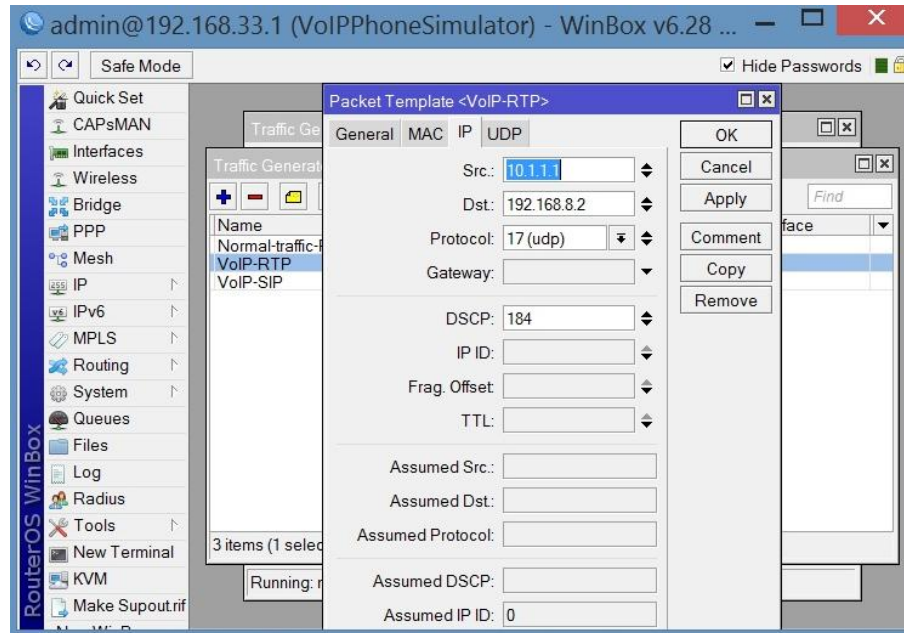
Rtp packet



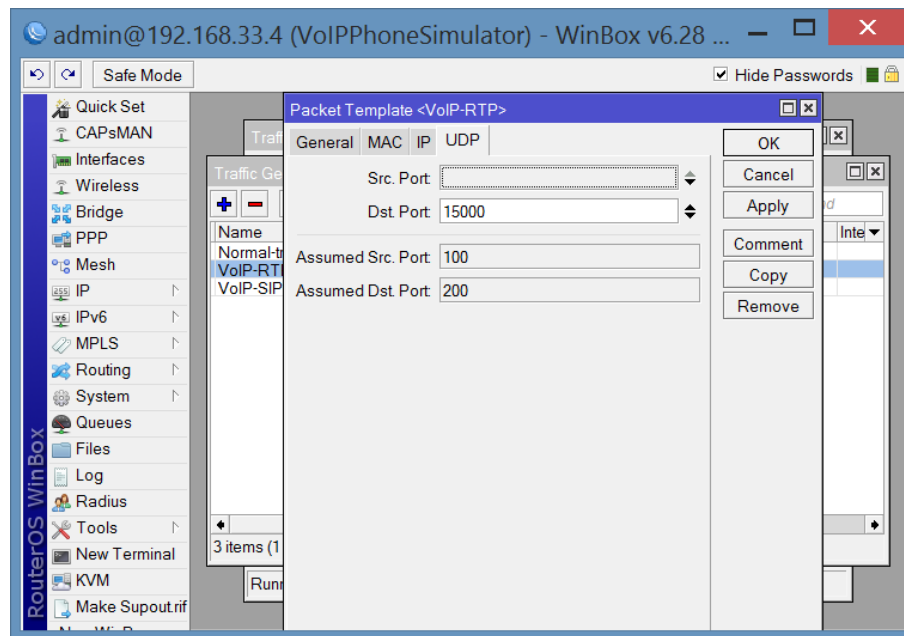
Rtp packet



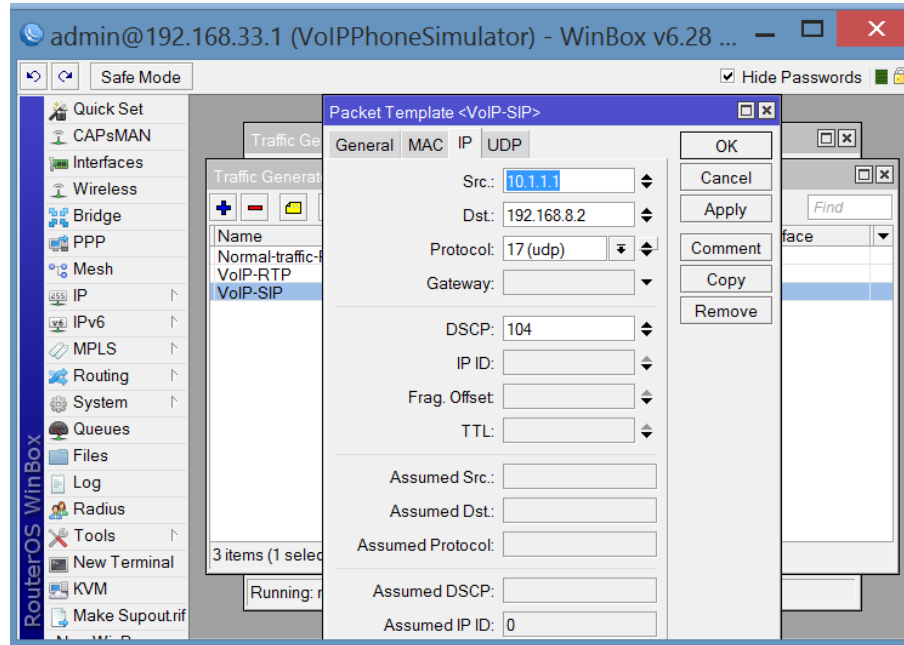
Rtp packet



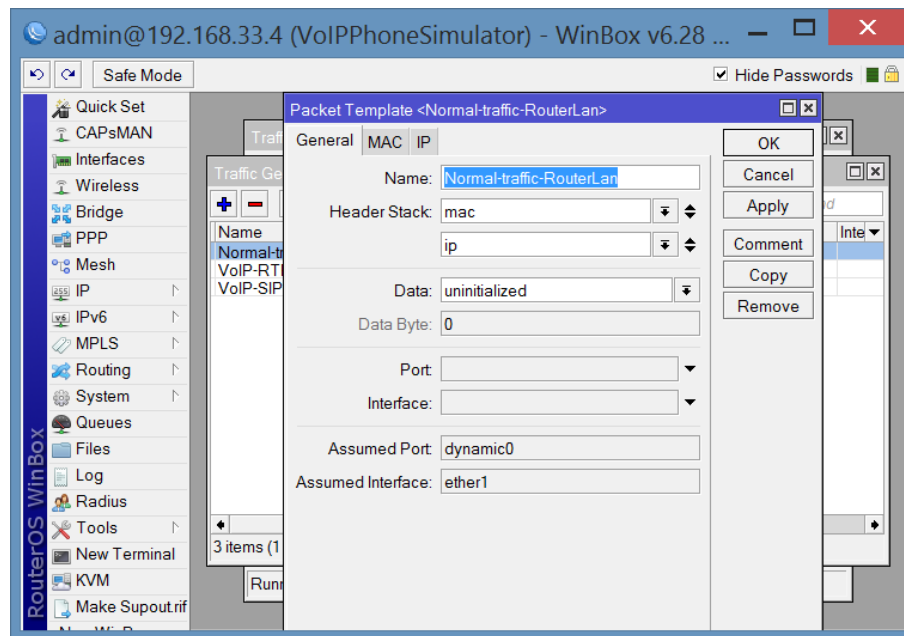
Rtp packet



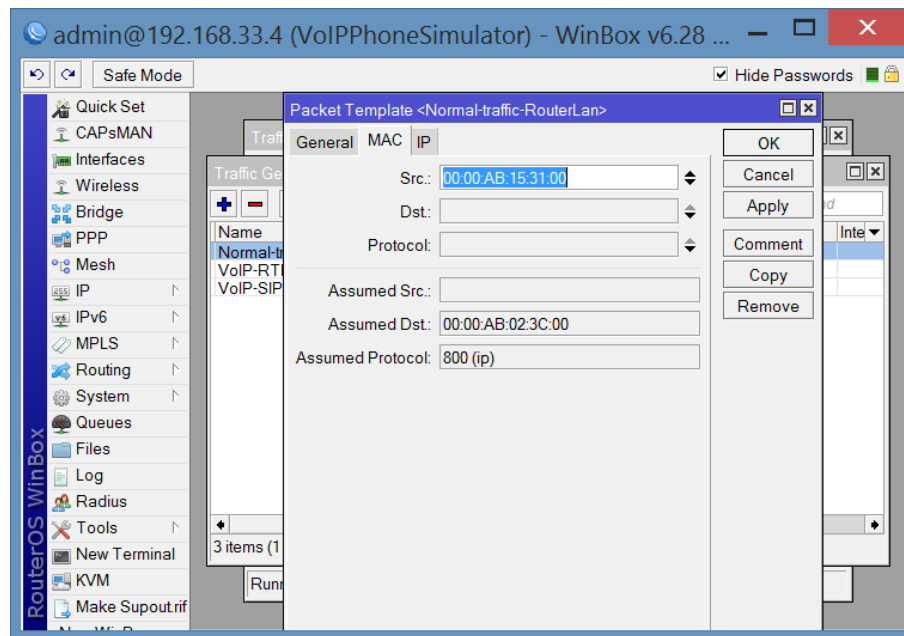
SIP Packet



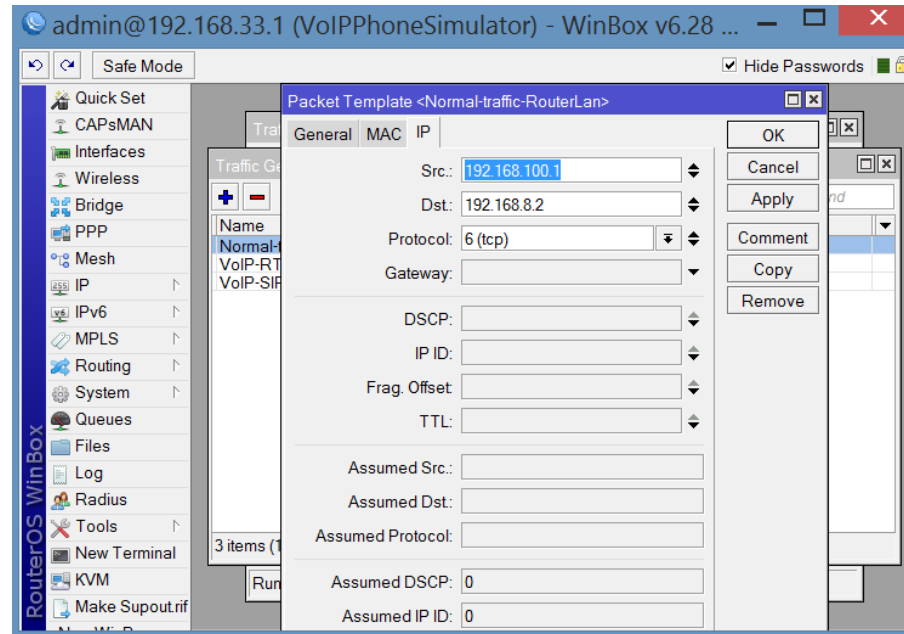
Packet from RouterLan (Spoofing)



Packet from RouterLan (Spoofing)



Packets from RouterLan (Spoofing)



Stream

admin@192.168.33.4 (VoIPPhoneSimulator) - WinBox v6.28 ...

Safe Mode ☒ Hide Passwords

RouterOS WinBox

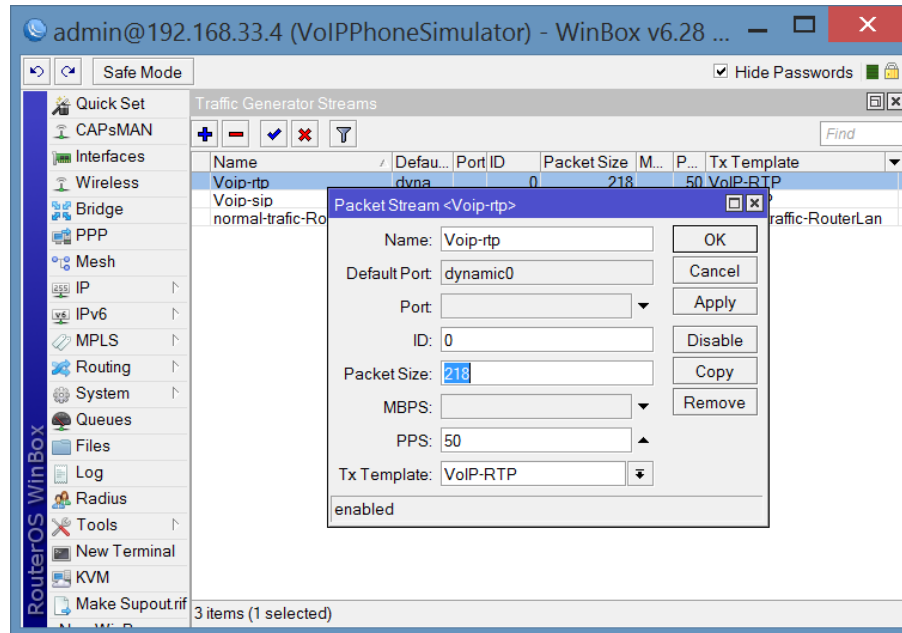
Quick Set
CAPsMAN
Interfaces
Wireless
Bridge
PPP
Mesh
IP
IPv6
MPLS
Routing
System
Queues
Files
Log
Radius
Tools
New Terminal
KVM
Make Supoutrif

Traffic Generator Streams

Name	Defau...	Port ID	Packet Size	M...	P...	Tx Template
Voip-rtp	dyna...	0	218		50	VoIP-RTP
Voip-sip	Default Port	1	1500		1	VoIP-SIP
normal-traffic-RouterLan	dyna...	2	1500	20		Normal-traffic-RouterLan

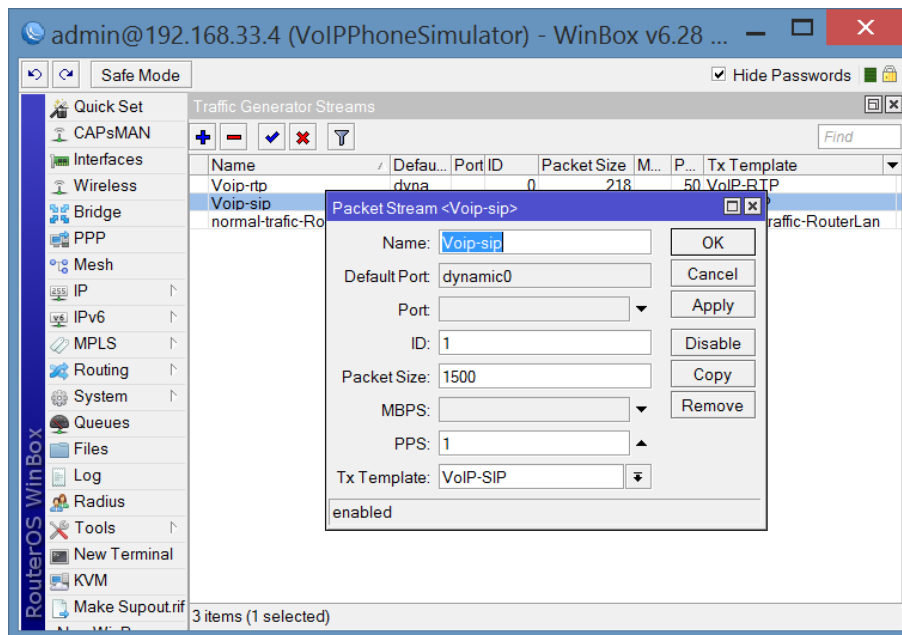
3 items

Stream



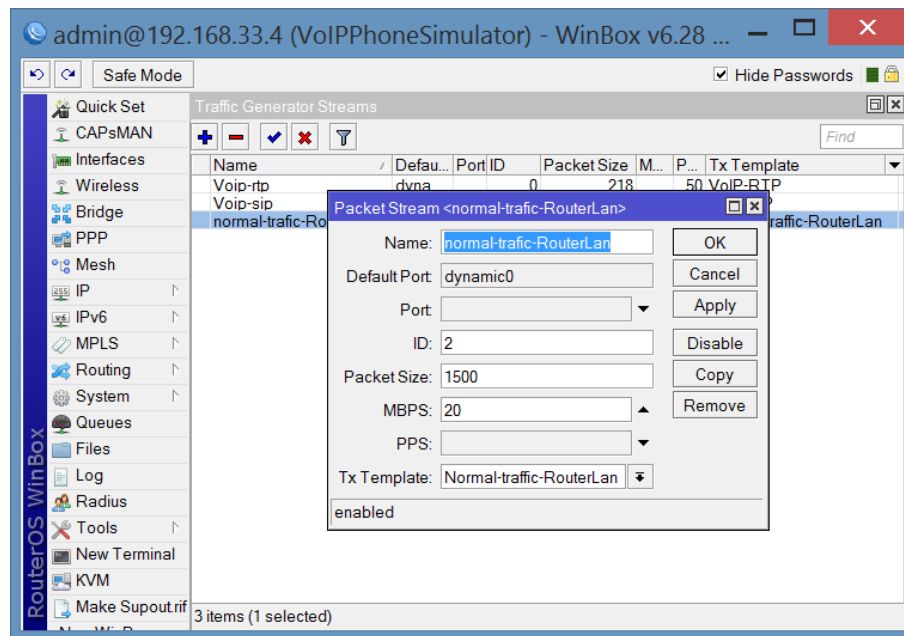


Stream





Stream



Running the test

admin@192.168.33.4 (VoIPPhoneSimulator) - WinBox v6.28 ...

Safe Mode ☒ Hide Passwords

Quick Start (Running)

Test ID: 3

Stream: Voip-rtsp

Voip-sip

normal-traffic-RouterLan

Port:

Interface:

Packet Size:

PPS:

MBPS:

Tx Template:

Seq	ID	Tx Packets	Tx Rate	Rx Packets	Rx Rate	Lost Packets	Lost Rate
16	0	50	87.2 kbps	50	98.4 kbps	0	11.2 kbps
16	1	1	12.0 kbps	0	0 bps	1	12.0 kbps
16	2	1666	19.9 Mbps	0	0 bps	1666	19.9 Mbps
16	TOT	1717	20.0 Mbps	50	98.4 kbps	1667	19.9 Mbps
17	0	50	87.2 kbps	50	98.4 kbps	0	11.2 kbps
17	1	1	12.0 kbps	0	0 bps	1	12.0 kbps
17	2	1666	19.9 Mbps	0	0 bps	1666	19.9 Mbps
17	TOT	1717	20.0 Mbps	50	98.4 kbps	1667	19.9 Mbps



Checking the results (Router QoS)

admin@192.168.33.1 (Qos) - WinBox v6.28 on x86 (x86)

Safe Mode ☒ Hide Passwords

Quick Set CAPsMAN Interfaces Wireless Bridge PPP Mesh IP IPv6 MPLS Routing System Queues Files Log Radius Tools New Terminal KVM Make Supout.rif New WinBox Manual Exit

Firewall

Filter Rules NAT Mangle Service Ports Connections Address Lists Layer7 Protocols

+ - ✓ ✗ [Filter Icon] [Reset Counters] [Reset All Counters] Find all

#	Action	Chain	Src. Addr...	Dst. Addr...	Prot...	Src. Port	Dst. Port	In. Inte...	Out. In...	Bytes	Packets
Normal traffic											
0	ma...	prerouting	192.168.1...	192.168.8.2						70.6 MiB	49 835
RTP traffic											
1	ma...	prerouting								297.8 KiB	1 495
SIP traffic											
2	ma...	prerouting								43.5 KiB	30

3 items



Checking the results (Router QoS)

admin@192.168.33.1 (Qos) - WinBox v6.28 on x86 (x86)

Safe Mode ☒ Hide Passwords

Firewall

Filter Rules NAT Mangle Service Ports Connections Address Lists Layer7 Protocols

Queue List

Simple Queues Interface Queues Queue Tree Queue Types

Reset Counters Reset All Counters Find

#	Name	Parent	Pack...	Limit At ...	Max Li...	Avg ...	Queued By...	Bytes	Pack...
0	Norm					10.1 ...	0 B	131.7 ...	96 707
1	RTP					10.0 ...	70.3 KiB	130.4 ...	91 191
2	SIP tr					100k 99.2 k...	0 B	1322....	5 564

3 items 70.3 KiB queued 48 packets queued



Checking the results (Router QoS)

admin@192.168.33.1 (Qos) - WinBox v6.28 on x86 (x86)

Safe Mode ☒ Hide Passwords

Firewall

Filter Rules NAT Mangle Service Ports Connections Address Lists Layer7 Protocols

Queue List

Simple Queue

Queue <call out>

General Statistics

Avg. Rate: 99.2 kbps

Avg. Packet Rate: 51

Queued Bytes: 0 B

Queued Packets: 0

Bytes: 2328.6 KiB

Packets: 9 803

Dropped: 0

PCQ Queues:

OK

Cancel

Apply

Disable

Comment

Copy

Remove

Reset Counters

Reset All Counters

enabled

RouterOS WinBox

3 items (1 selected)

3 items

Disclaimer

The information provided on this presentation are for educational purposes only. The author is no way responsible for any misuse of the information.



Thanks a lot Hvala!

Contact: jose.roman@cloudnetworking.es

Thanks a lot to Fajar Nugroho

<https://freeonlinesurveys.com/app#/795807/analyze/-1>

References

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http://mum.mikrotik.com/presentations/BR11/1_Maia.pdf
http://mum.mikrotik.com/presentations/CY15/Denial_of_Service_Attack.pdf
<https://tools.ietf.org/html/bcp38>
http://www.mikrotikbrasil.com.br/artigos/Layer2_Security_Poland_2010_Maia.pdf

The labs are available for gns3