

PUBLIC REPORT BY PROMTPRESS

Channel audit

Sergey Kruk



@kardiokruk

You are on the channel All about vascular health! And more!) Here I share complex cases, articles, and various useful things. <https://sergeykruk.ru/uslugi/>

SUBSCRIBERS

35 855

+1470 per month

ERR (% SEE POSTS)

40.0%

in 24 hrs **16.4%**

REACH/POST

13.9K

ad reach **5.8K/24h**

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly chart · growth

04 Citation rate

Who and how mentions the channel

05 Ad potential

How long a post generates reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Medicine» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 35 855 —	 SUBSCRIBER REACH 38.8% avg % subs see post	 VIEWS/POST 13.9K median 15.8K · 15 days	 POSTS/WEEK 2.7 over the period
 7D TREND — no data for period	 REACTIONS/POST 334.2 only 2,005 reactions, 165 reposts, 214 comments	 POST LENGTH 363 chars. median 48 · 15 days	 POSTS ANALYZED 6 15 days
 AD REACH 5.8K 24h avg	 CHURN / MONTH +1470 last month	 CITATION RATE 0 citation index · 14 channels mentioned ever	 CHANNEL AGE 5 years 9 months created 27.09.2020

AI EDITOR SUMMARY

Channel «Sergey Kruk» — 35 855 subs. Avg views per post: 13.9K people (39% of subs), good reach. Posts 3 posts/week (~0/day) — rare.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers — to see what to repeat & what to drop.

WHAT SUCCESSFUL POSTS SHARE

- 01 Analysis based on 6 posts in 15 days.
- 02 Dominant format — Text (3/6 posts).
- 03 Avg post length — 363 chars (median 48).
- 04 Audience peak activity — Tuesday, 16:00 MSK.
- 05 Top posts get 2x more views than the weakest (16.7K avg for top vs 11.1K for worst) — among 6 posts in 15 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 25.06 · 15:57 TEXT (post without caption — text)	VIEWS 17 027 REPOSTS 7	REACTIONS 307 ER 47.5%
Nº2 23.06 · 13:37 PHOTO Why «good» cholesterol isn't always good news? Sometimes on angiography we see pronounced narrowing of arteries, while the level...	VIEWS 16 956 REPOSTS 122	REACTIONS 363 ER 47.3%
Nº3 21.06 · 13:40 TEXT (post without caption — text)	VIEWS 16 102 REPOSTS 6	REACTIONS 745 ER 44.9%

Nº4 25.06 · 15:54 PHOTO https://t.me/kmk_tech_bot?start=e_friends	VIEWS 15 399 REPOSTS 16	REACTIONS 113 ER 42.9%
Nº5 07.07 · 09:01 VIDEO (post without caption – video)	VIEWS 9 023 REPOSTS 9	REACTIONS 213 ER 25.2%

|

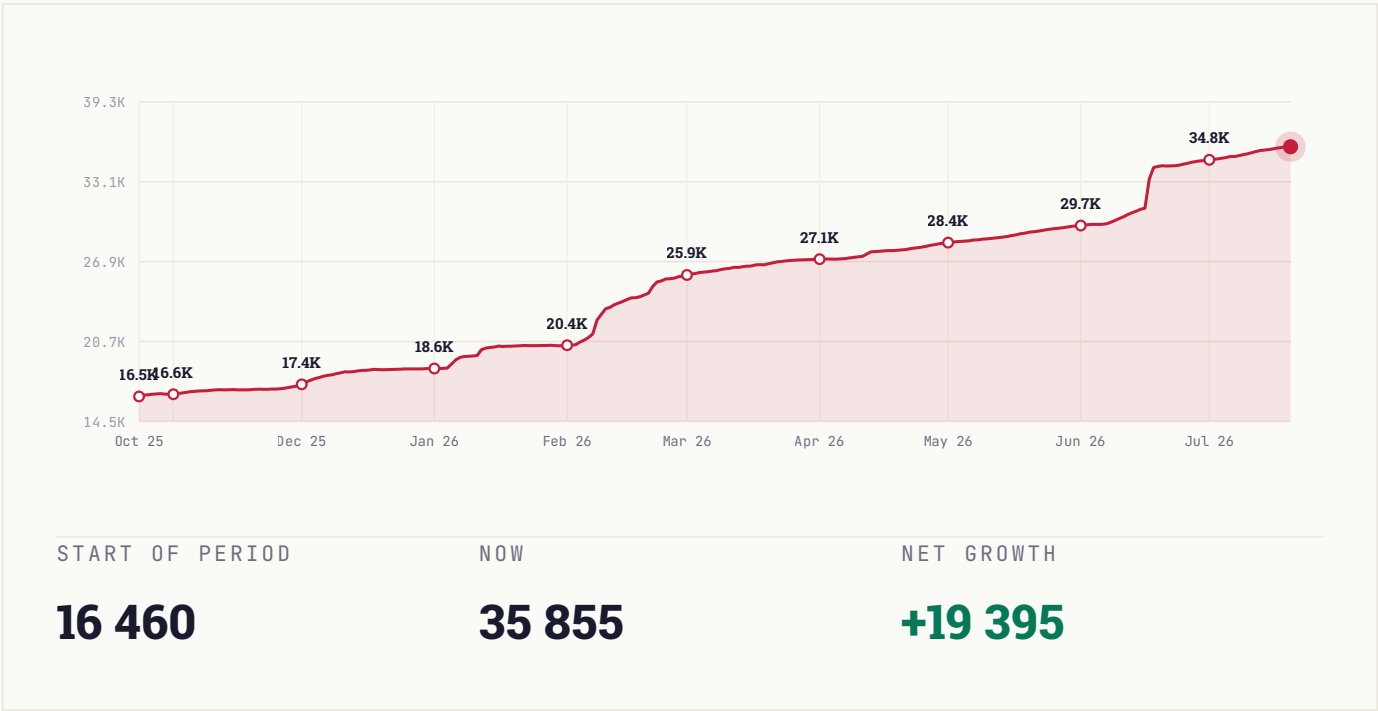
WORST 3

↓ 25.06 · 15:54 PHOTO https://t.me/kmk_tech_bot?start=e_friends	VIEWS 15 399 REPOSTS 16	REACTIONS 113 ER 42.9%
↓ 07.07 · 09:01 VIDEO (post without caption – video)	VIEWS 9 023 REPOSTS 9	REACTIONS 213 ER 25.2%
↓ 07.07 · 09:01 TEXT Today I'm at my home hospital 81 GKB named after VV Veresaev	VIEWS 8 970 REPOSTS 5	REACTIONS 264 ER 25.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

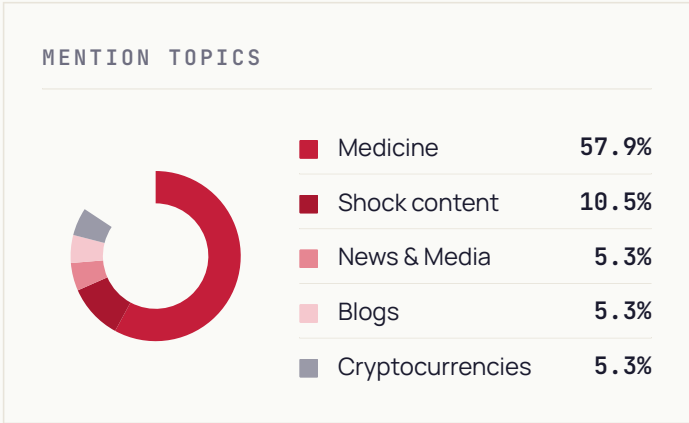
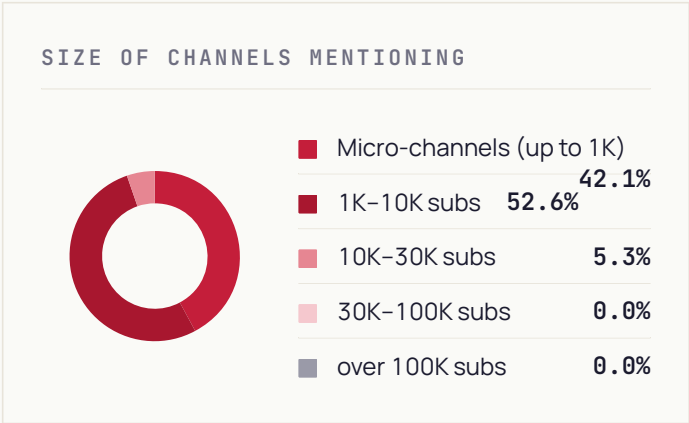
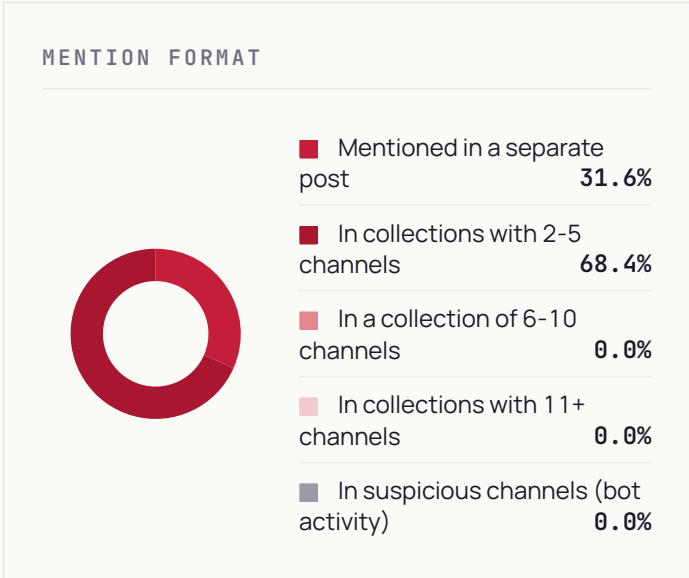
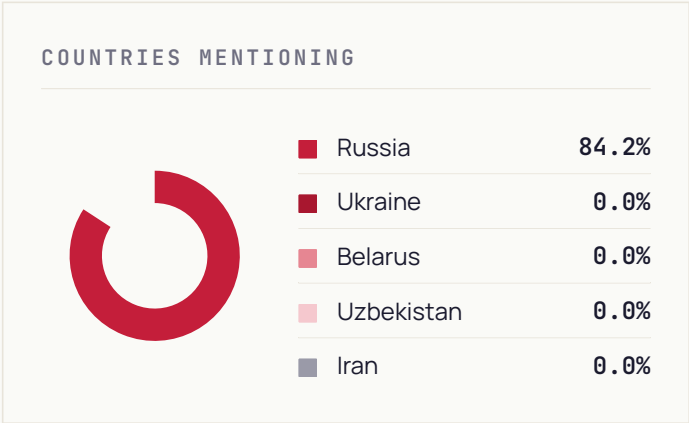
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and which it lost subs.



SECTION 04 · MENTIONS

Who and how mentions the channel

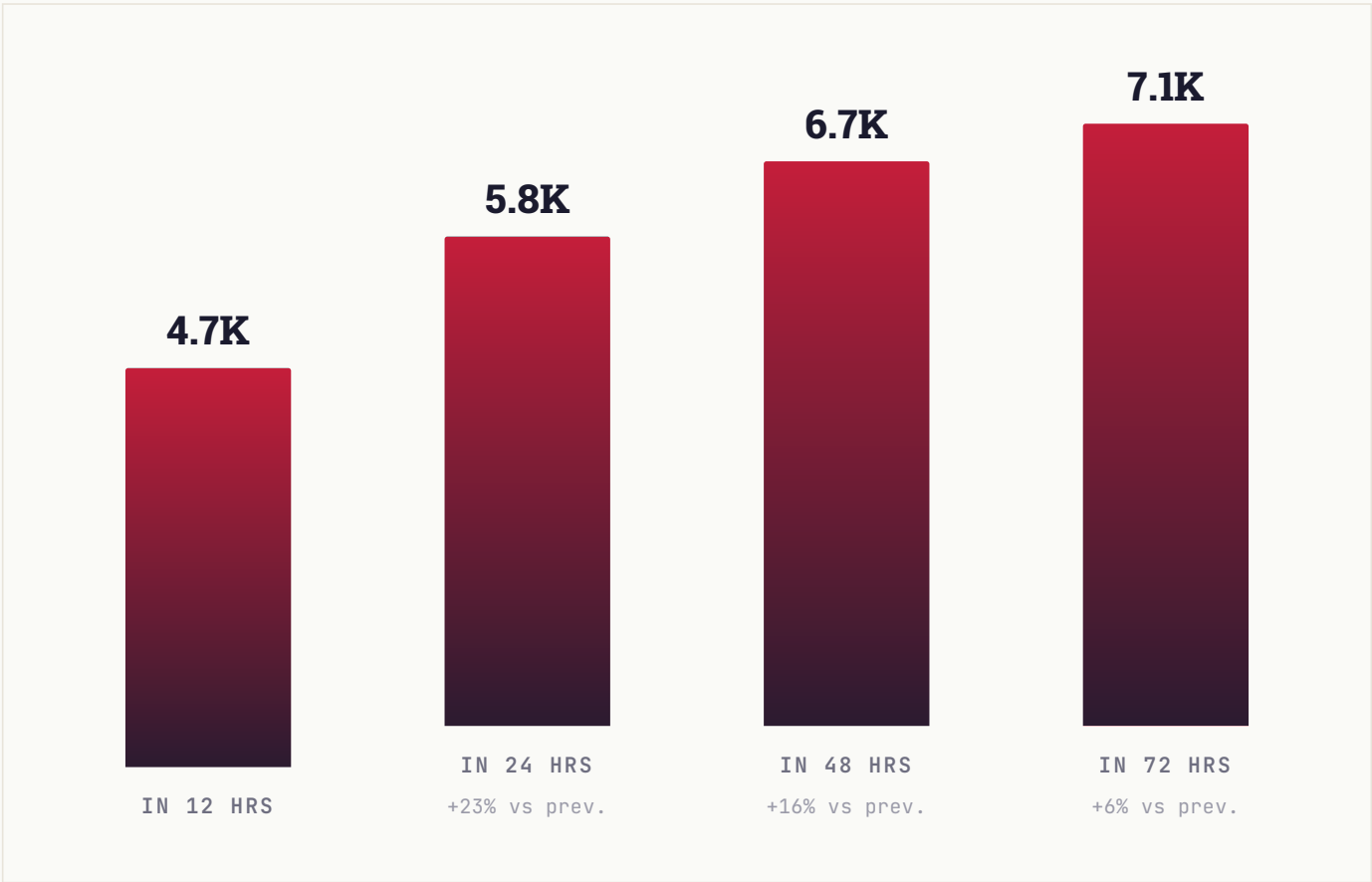
Citation index 0 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All-time mentions: 14 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel highlighted – see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the grave	354.1K
تا تعليم اللغة الإنجليزية 🧑🏫	328.2K
🩺 الجراحة 🩺 Surgery 🩺 - Crypto currency	318.4K
EM Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow medicine	237.8K
🌿 X 🌿 Халқ табобати 🌿	235.1K
Health HealthControl	222.2K
SC Sergey Kruk YOU	35.9K

COMPARATIVE INSIGHT

Channel not yet outside niche top 97 – early growth stage. Niche leader – Dr Tel (755.5K), median top-97: 103.2K. First goal – enter top-97 through systematic traffic & content work.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. Over the last **6 months** such mentions: **11**, they brought **4 062** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	1 869	
December 2025	3	2	1 389	
November 2025	1	1	684	
October 2025	4	4	120	
September 2025	3	3	0	
August 2025	0	0	0	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
11	6	4 062

Where the channel stands in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart shows a range (light beige bar), a median (dark beige bar with a vertical line), and a specific channel's performance (red dot). The channel's performance is consistently below the median in all three metrics.

Metric	Channel Value	Median	Comparison
SUBSCRIBERS	35,855	105.1K	66% below median
AVG REACH / POST	13,913	8.4K	better than 62% of niche
CITATION INDEX	0	61	99% below median

SUBSCRIBERS 66% below median

median 105.1K

36.2K 35 855 — your channel 284.7K

AVG REACH / POST better than 62% of niche

median 8.4K

58 13 913 — your channel 34.5K

CITATION INDEX 99% below median

median 61

0 — your channel 2K

— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit in a month.

01

Increase posting frequency

Currently 2.7 posts/week. Active channels average 7-10. Consistency is key to audience retention.

EFFECT

**Consistency
beats volume****02**

Top post of the week — on Tuesday

Audience is most active on this day at 16:00 MSK.

EFFECT

**Best window
for an
important post****03**

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

**+1000-3000
subs****04**

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER**05**

Cross-promo with neighboring channels

Swap posts with channels in the same segment once a quarter. No need daily — 2-3 collabs bring relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads with us & hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager