

PUBLIC REPORT BY PROMTPRESS

Channel audit

1.5 качка / МИНИ ПЕККА



@poltorapomidora

For ads / collabs: commercial.offers.am@mail.ru @exs_ad/ t.me/
ExSCompany № 5010542051 Second channel <https://t.me/sportXpres>

SUBSCRIBERS

262 609

-542 per month

ERR (% SEE POSTS)

47.0%

last 24 hrs **12.8%**

REACH/POST

124K

ad reach **33.6K**/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 mentions the channel and how

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your rank

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Health & Fitness»

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

SUBSCRIBERS 262 609 —	SUBSCRIBER REACH 47.21% avg % subs see post	VIEWS/POST 124K median 129K · 19 days	POSTS/WEEK 1.8 for the period
7D TREND — no data for period	REACTIONS/POST 2388.0 total 11,940 reactions, 835 reposts, 650 comments	POST LENGTH 110 chars median 86 · 19 days	POSTS ANALYZED 5 19 days
AD REACH 33.6K 24h avg	CHURN / MONTH -542 last month	CITATION RATE 92 citation index · 309 channels mentioned all time	CHANNEL AGE 4 years 4 months created 03.02.2022

EDITOR AI SUMMARY

Channel «1.5 качка / мини пекка» — 262 609 subs. Each post averages 124K people (47% from subs), wide reach for a channel this size. Publishes 2 posts per week (~0 per day) — rare publications.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 5 posts over 19 days.
- 02 Dominant format — Photo (4/5 posts).
- 03 Avg post length — 110 chars (median 86).
- 04 Audience peak — Saturday, 18:00 AMT.
- 05 Top posts get ×1 more views than the weakest (145.6K avg for top vs 104K for worst) — among 5 posts in 19 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 06.06 · 14:38 VIDEO didn't quite get it, now this is his favorite t-shirt he'll wear 24/7?	VIEWS 155 087 REPOSTS 130	REACTIONS 1 980 ER 59.1%
Nº2 04.06 · 16:50 PHOTO cultural leisure	VIEWS 152 763 REPOSTS 454	REACTIONS 4 130 ER 58.2%
Nº3 21.06 · 13:52 PHOTO 📺 NEW VIDEO Analyzed with Antitrainer how to spot a cheater by photo WATCH WATCH	VIEWS 128 959 REPOSTS 82	REACTIONS 749 ER 49.1%

Nº4 13.06 · 18:12 PHOTO on air people's blogger♥♥♥ (5 ads per 1 regular post) went a bit inactive due to trip home, but for those who miss...	VIEWS 126 059 REPOSTS 31	REACTIONS 1 459 ER 48.0%
Nº5 24.06 · 15:03 PHOTO blogger life is short	VIEWS 57 048 REPOSTS 138	REACTIONS 3 622 ER 21.7%

WORST 3

↓ 21.06 · 13:52 PHOTO 📺 NEW VIDEO Analyzed with Antitrainer how to spot a cheater by photo WATCH WATCH	VIEWS 128 959 REPOSTS 82	REACTIONS 749 ER 49.1%
↓ 13.06 · 18:12 PHOTO on air people's blogger♥♥♥ (5 ads per 1 regular post) went a bit inactive due to trip home, but for those who miss...	VIEWS 126 059 REPOSTS 31	REACTIONS 1 459 ER 48.0%
↓ 24.06 · 15:03 PHOTO blogger life is short	VIEWS 57 048 REPOSTS 138	REACTIONS 3 622 ER 21.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

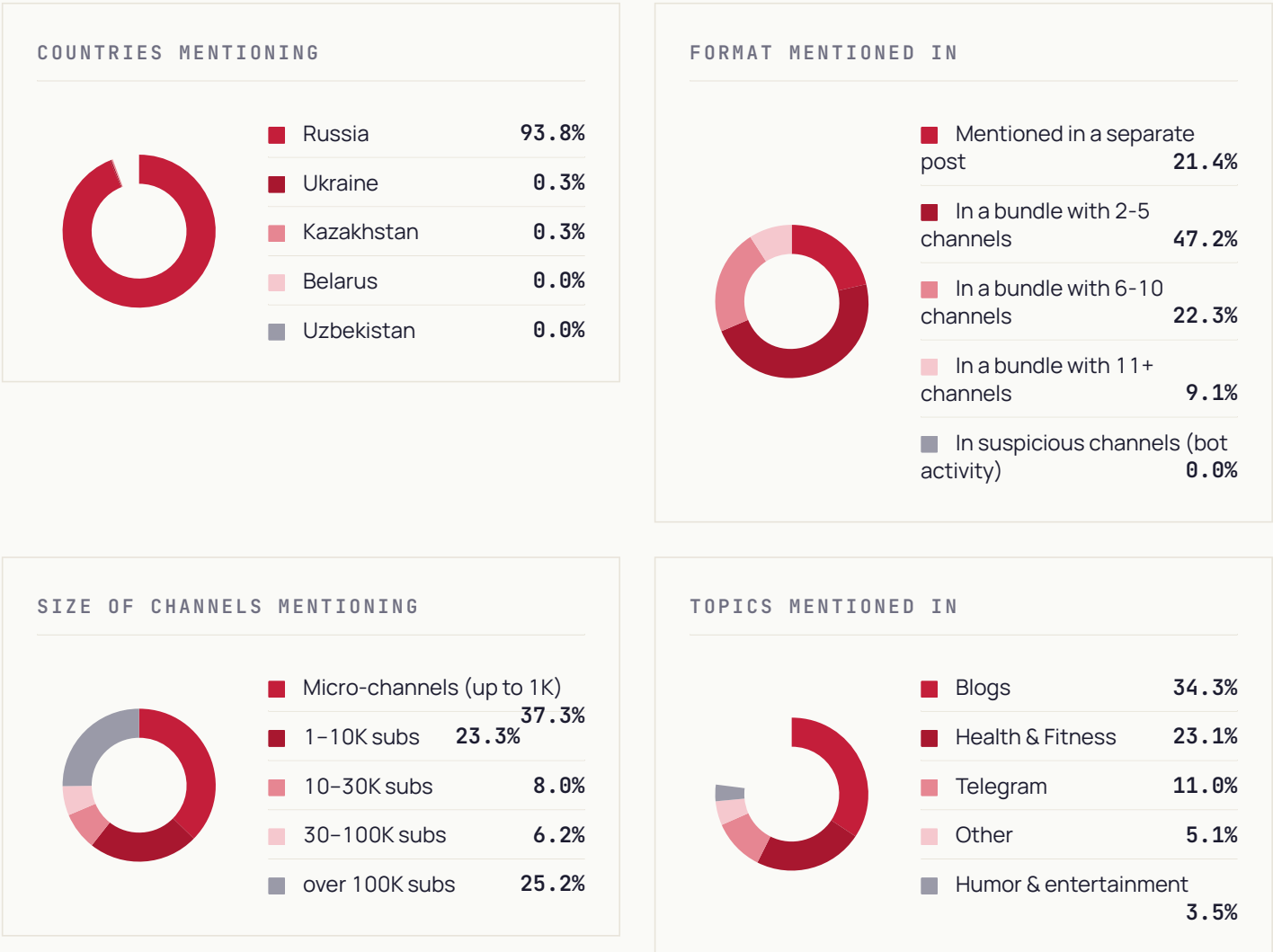
Subscriber growth chart for the year. Key months show exact subscriber count.
Highlights months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

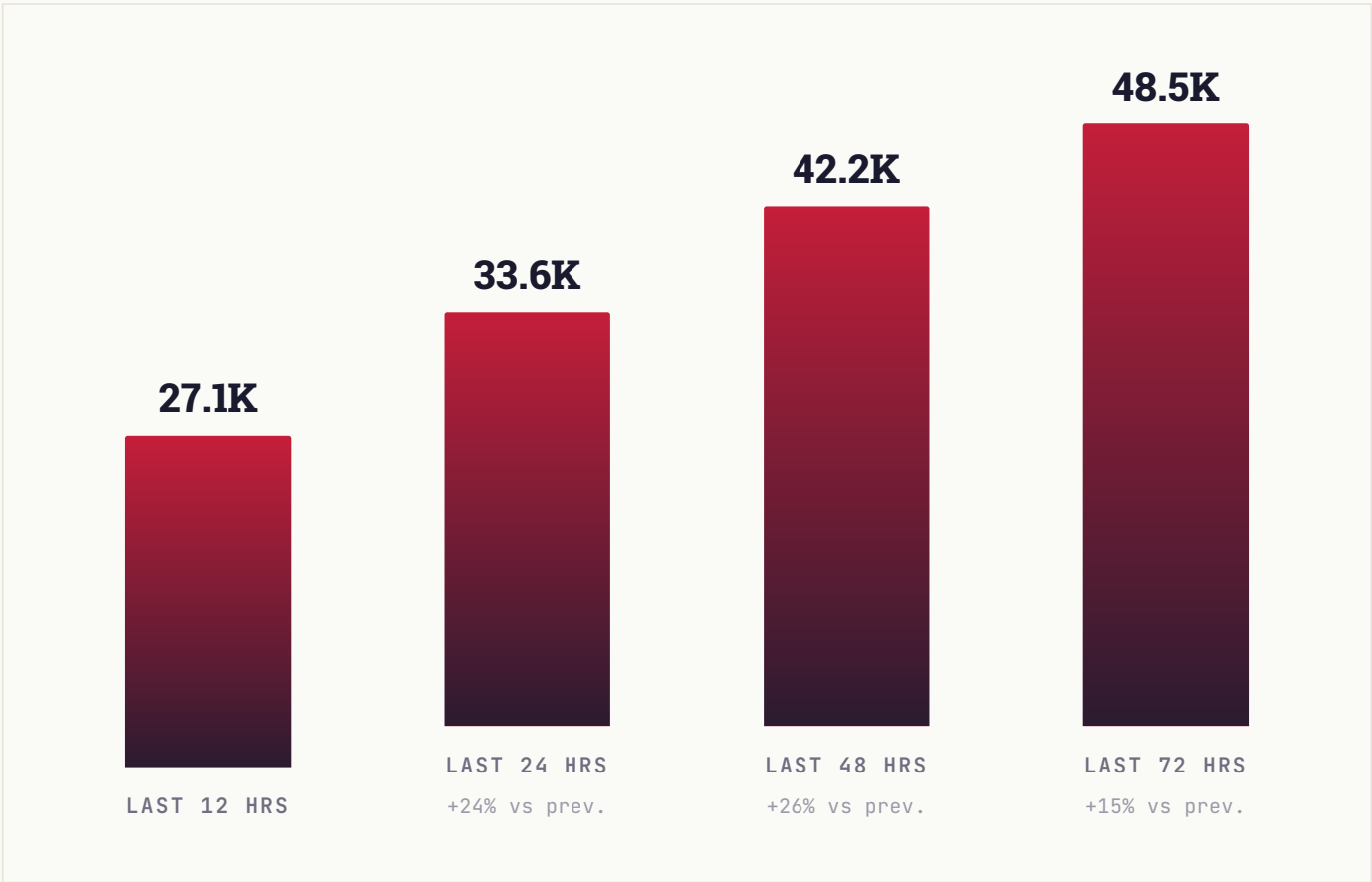
Citation index **92** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **309** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see your rank among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
CI Test purchase	770.3K
BI Biohackers	584.1K
BI Biohacking	534.2K
GS GymDeals- Supplements & Whey Protein Offers	534.2K
SL Sport Life	525.8K
VN Eternity in Tibet	495K
NT Our body	482.2K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	478.5K
BZ Stay Healthy	448.6K
IK 1.5 качка / мини пекка YOU	262.6K

COMPARATIVE SUMMARY

Channel in top half of niche (#25 of 96). Niche leader: DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M), median subs 160K. Aim for top quartile — realistic 6-12 month horizon.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **72**, they brought **35 202** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	16	13	0	
November 2025	22	20	11 105	
October 2025	10	8	21 996	
Sep 2025	7	4	2 086	
August 2025	10	6	15	
July 2025	7	6	0	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
72	6	35 202

SECTION 08 · NICHE COMPARISON

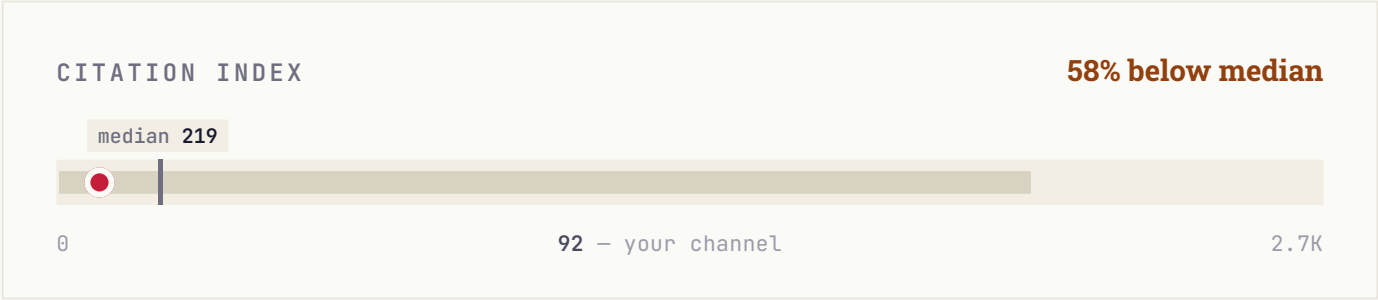
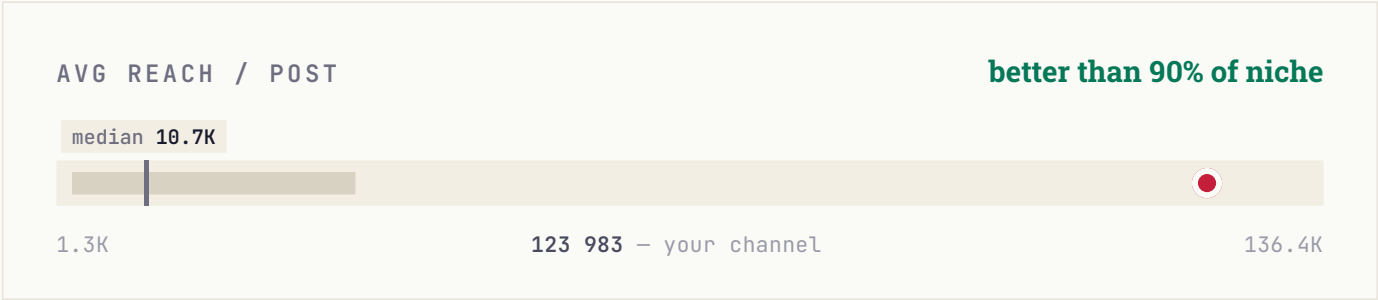
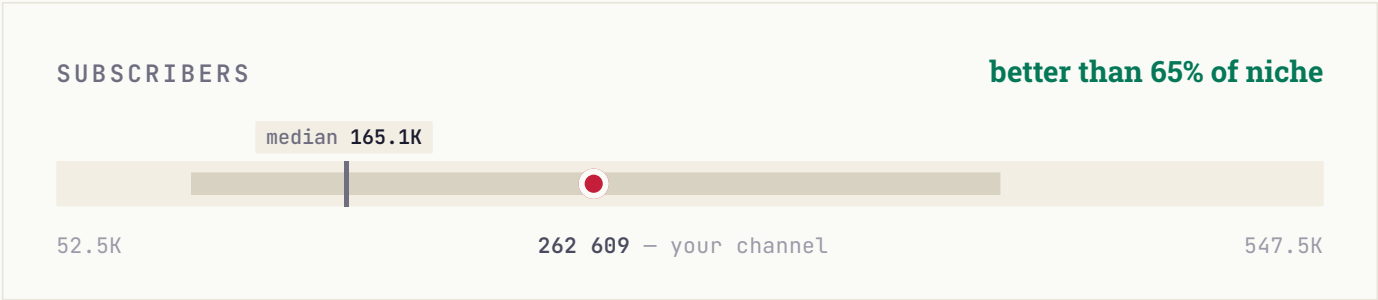
Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» and compared your channel.
Gray band = range for 80% of niche channels (p10-p90). Black line = median. Red dot = your channel.

#25/100

RANK IN NICHE

Channel in top 25% – strong position



— SECTION 09 • STRATEGY

What to do right now

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

- 01

Increase posting frequency
 Now 1.8 posts/wk. Active channels avg 7-10.
 Consistency is key to audience retention.

EFFECT

Consistency beats volume
- 02

Top post of the week — on Saturday
 Audience is most active on this day at 18:00 AMT.

EFFECT

Best time for important posts
- 03

System traffic buy
 Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks 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 win.

EFFECT

+5-15% ER
- 05

Cross-promo with neighboring channels
 Swap posts quarterly with same-segment channels.
 2-3 collabs give relevant growth — no need daily.

EFFECT

Growth from relevant audience

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further? Run ads with us and hit your growth target in a month.

01	Launch Telegram Ads	https://panel.promptpress.com/register
----	----------------------------	---

02	Contact manager	t.me/PromptPress_manager
----	------------------------	---
