

— PUBLIC REPORT BY PROMTPRESS

Channel audit

SUPER STAS

(food lovers here)



@supestas1
Blogger, food lover! Collab: @KsenuaEgorova [https://knd.gov.ru/license?](https://knd.gov.ru/license?id=677d145e4e740947be133ca8&istryType=bloggersPermission)
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SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
427 340	23.0%	84.9K
01.07.2026 -2265 per month	per day 10.1%	ad reach 43K/24h
HTTPS: //PROMTPRESS.COM/AUDIT/SUPESTAS1		

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top-5 posts · worst 3 · takeaways

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 spot

07 Niche comparison

Position in «Blogs» category

08 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle below the number shows the period it's calculated for.

 SUBSCRIBERS 427 340 —	 SUBS REACH 19.88% avg % subs see post	 VIEWS/POST 84.9K median 92.9K · 28 days	 POSTS/WEEK 5.3 over period
 7D TREND -13.9% vs previous week	 REACTIONS/POST 1701.5 total 37,434 reactions, 1,772 reposts, 637 comments	 POST LENGTH 164 chars median 66 · 28 days	 POSTS ANALYZED 22 28 days
 AD REACH 43K 24h avg	 CHURN / MONTH -2265 over last month	 CITATION RATE 132 citation index · 886 channels mentioned all time	 CHANNEL AGE 5 years 2 months created 16.04.2021

AI EDITOR SUMMARY

Channel 'SUPER STAS (loves food)' — 427 340 subs. Each post averages 84.9K people (20% of subs), average reach — room to grow. Publishes 5 posts/week (~1/day) — rare. Week 15–21 Jun reach dropped -13.9% By week 8–14 Jun — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT TOP POSTS SHARE

- 01 Analysis based on 22 posts in 28 days.
- 02 Dominant format – Photo (18/22 posts).
- 03 Avg post length – 164 chars (median 66).
- 04 Peak audience activity – Saturday, 21:00 MSK.
- 05 Top posts get 1× more views than the weakest (114.2K avg for top vs 82.4K for worst) – among 22 posts over 28 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 06.06 · 18:41 PHOTO We won 🏆💪	VIEWS 122 146 REPOSTS 110	REACTIONS 4 683 ER 28.6%
Nº2 06.06 · 13:43 PHOTO I'm here	VIEWS 111 445 REPOSTS 35	REACTIONS 2 524 ER 26.1%
Nº3 12.06 · 13:58 PHOTO Pros of losing weight: now you don't have to sew clothes, just buy them 😂😂	VIEWS 109 131 REPOSTS 224	REACTIONS 4 351 ER 25.5%

Nº4 05.06 · 09:59 PHOTO https://youtu.be/zbNwI3MMxh8 New video on channel	VIEWS	REACTIONS
	102 517	1 198
	REPOSTS	ER
	59	24.0%

Nº5 05.06 · 07:21 PHOTO Who already watched the movie? How was it?	VIEWS	REACTIONS
	101 680	1 587
	REPOSTS	ER
	25	23.8%

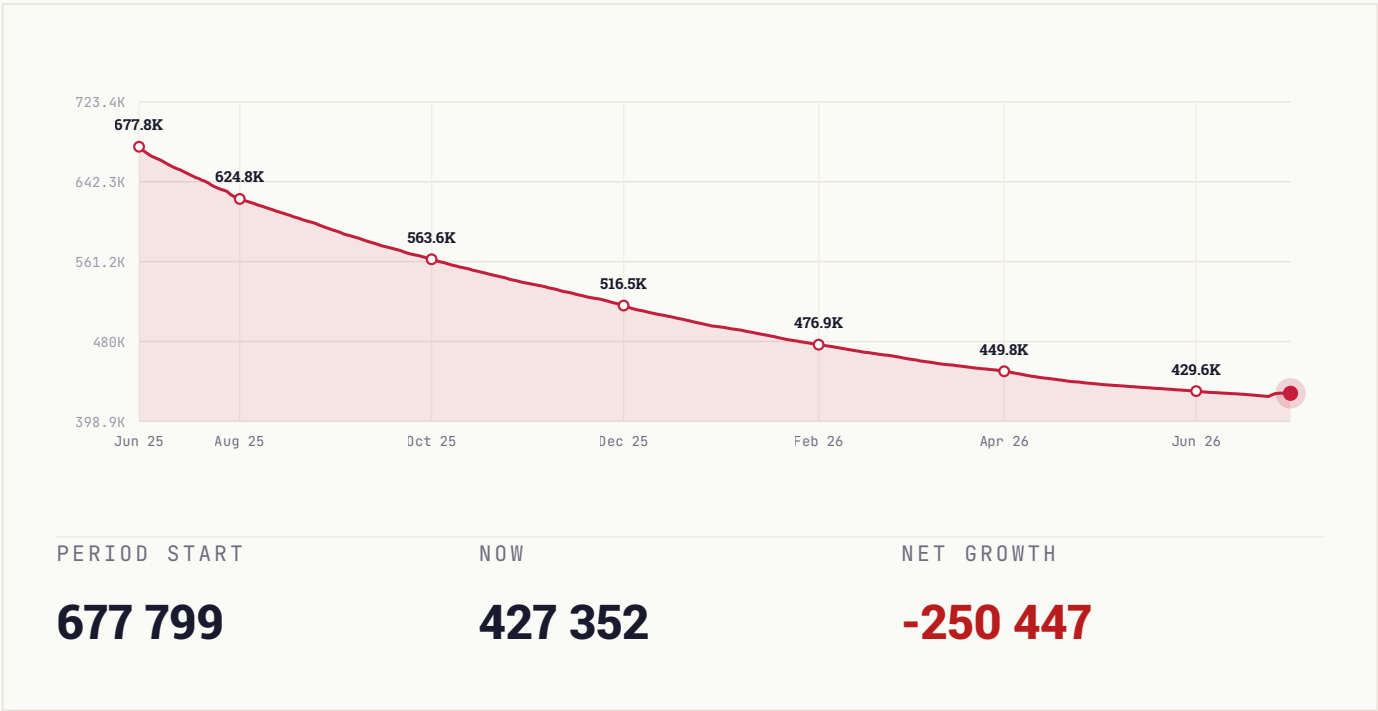
WORST 3

↓ 22.06 · 16:36 PHOTO Friends, I want to tell you a very kind story. There's a campaign 'Garden of Memory' where people plant trees in memory of...	VIEWS	REACTIONS
	84 841	636
	REPOSTS	ER
	7	19.9%
↓ 21.06 · 19:35 VIDEO (post without caption – video)	VIEWS	REACTIONS
	83 330	1 207
	REPOSTS	ER
	28	19.5%
↓ 25.06 · 15:02 PHOTO 24 hours controlled by Azamat🤖 https://youtu.be/tl9vJLIZD5E	VIEWS	REACTIONS
	78 904	1 030
	REPOSTS	ER
	49	18.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

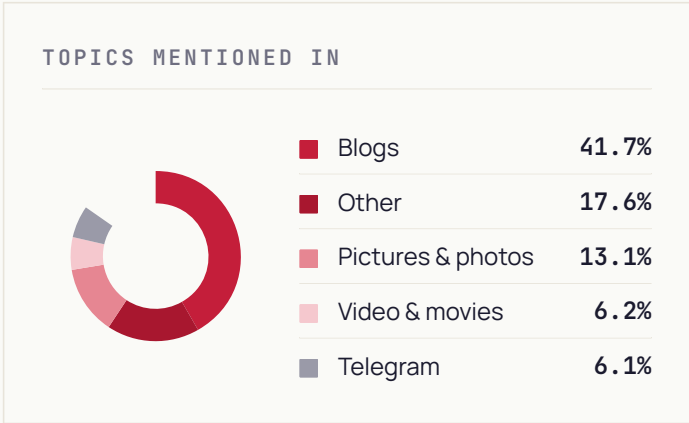
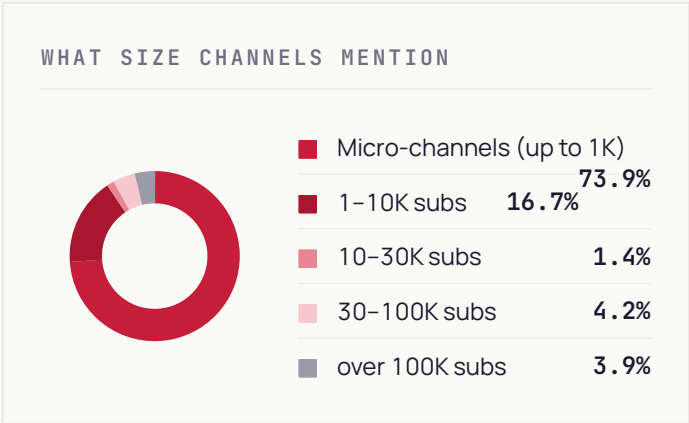
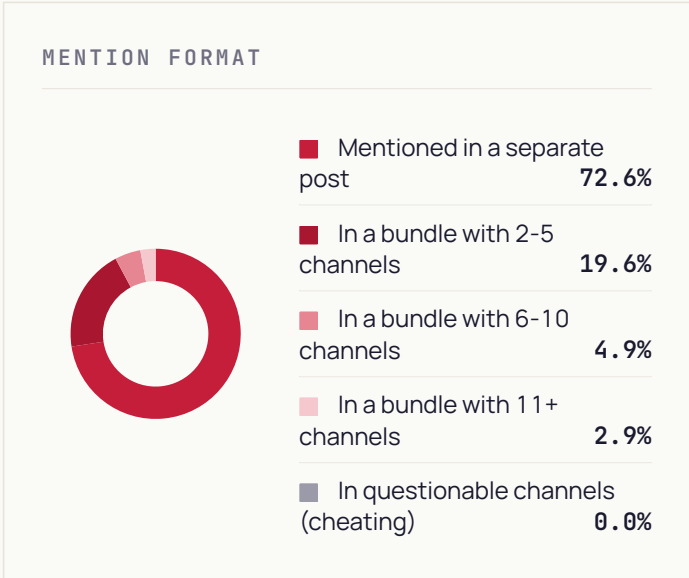
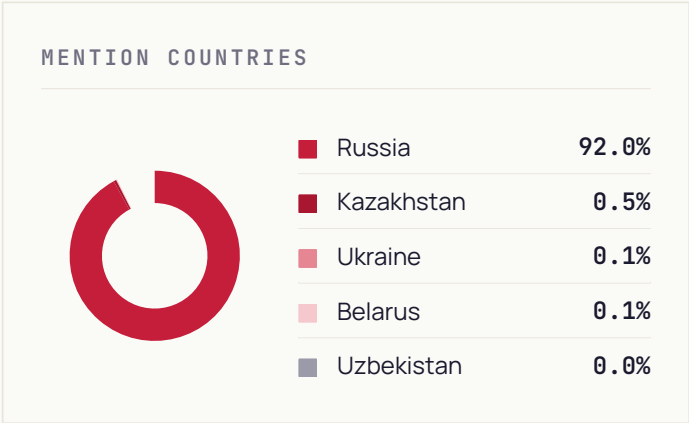
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

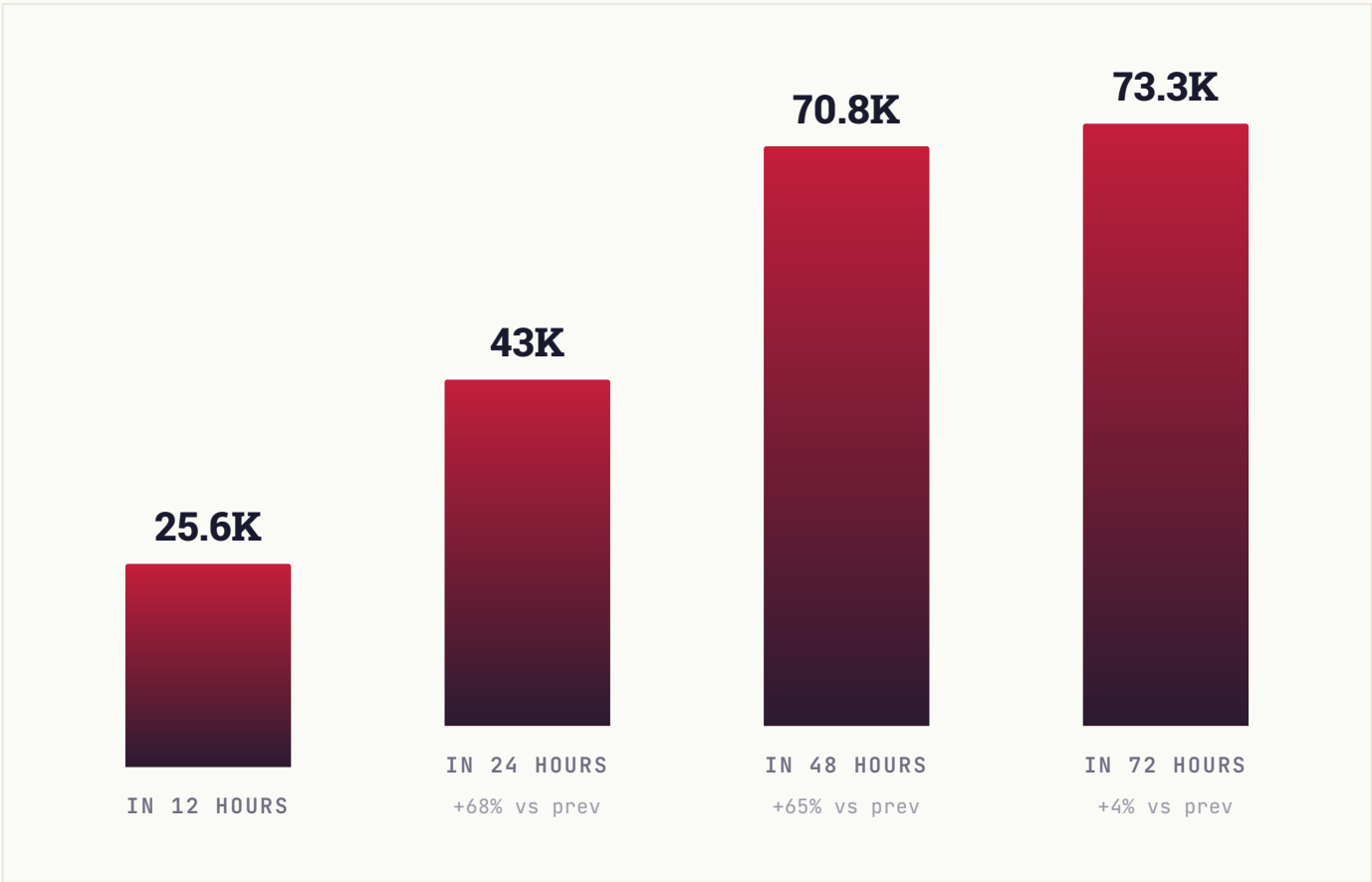
Citation index **132** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All time channel mentioned **886** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps gauge 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 its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DM Dima Maslennikov	2.2M
LI LITVIN	1.6M
EX Exile	1.4M
AZ Alexander Zubarev	1.3M
B🍄 Booster 🍄	1.2M
E1 EVELONE 192	1.2M
KB Bloody Lady	1.1M
LJ broen lives here	1.1M
PA PARADEYEVICH	1M
NOT NEVZOROV	1M
SS SUPER STAS (food lovers here) YOU	427.3K

COMPARATIVE INSIGHT

Channel in upper half of niche (#50 of 100). Niche leader — Dima Maslennikov (2.2M), median subs 426.7K. Aim for top quarter — realistic 6-12 month horizon.

— SECTION 07 • NICHE COMPARISON

Where the channel ranks in its league

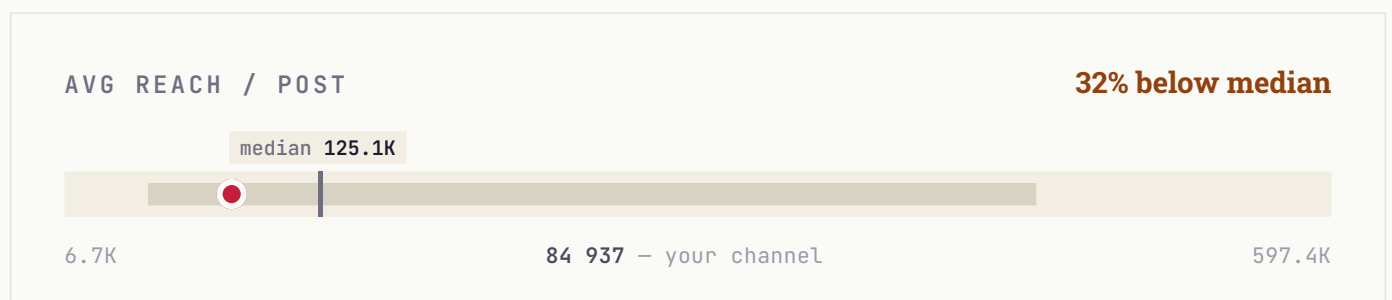
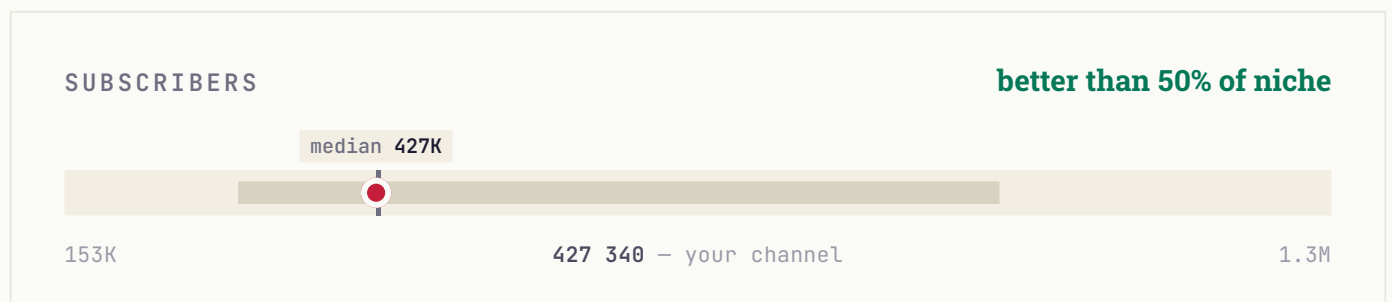
Took top-**100** channels in category «**Blogs**» (Russia) and compared your channel.
 Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median.
 Red dot = your channel.

#50

/100

POSITION IN NICHE

Channel in the top half of the ranking



— SECTION 08 · STRATEGY

What to do right now

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

- 01

Top post of the week — on Saturday

On this day at 21:00 MSK audience is most active.

EFFECT

Best window for an important post
- 02

Systematic traffic buying

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

EFFECT

+1000-3000 subs
- 03

Test polls & interactive formats

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

EFFECT

+5-15% ER
- 04

Cross-promo with neighboring channels

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

Growth from relevant audience
- 05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — organic traffic source.

EFFECT

Organic traffic source

★ 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 plan in a month.

01 **Launch ads on Telegram** <https://panel.promptpress.com/register>

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