

PROMTPRESS PUBLIC REPORT

Channel audit

watch_run



@watchrunezhzh

Watch for running. Contact admin: @watchrun +79164584304

SUBSCRIBERS

11 047

+41 per month

ERR (% SEE POSTS)

65.0%

last 24 hrs **33.4%**

REACH/POST

6.7K

ad reach **3.7K/24h**

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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 11 047 —	 SUBSCRIBER REACH 60.21% avg % subs see post	 VIEWS/POST 6.7K median 6.7K · 25 days	 POSTS/WEEK 0.5 for the period
 7D TREND — no data for period	 REACTIONS/POST 813.0 only 1,626 reactions, 62 reposts, 190 comments	 POST LENGTH 620 chars median 620 · 25 days	 POSTS ANALYZED 2 25 days
 AD REACH 3.7K 24h avg	 CHURN / MONTH +41 last month	 CITATION RATE 10 citation index · 52 channels mentioned all time	 CHANNEL AGE 8 years 8 months created 05.11.2017

AI EDITOR SUMMARY

Channel «watch_run» – 11 047 subs. Each post averages 6.7K people (60% of subs), broad reach for a channel this size. Publishes 0 posts/week (~0/day) – rare posts.

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 SUCCESSFUL POSTS SHARE

- 01 Analysis based on 2 posts over 25 days.
- 02 Dominant format – Text (1/2 posts).
- 03 Avg post length – 620 chars (median 620).
- 04 Audience peak – Tuesday, 13:00 MSK.
- 05 Top posts get 1 time more views than the weakest (4.4K avg for top vs 6.7K for worst) – among 2 posts in 25 days. Worth analyzing what the top has in common – topic, format, timing.

TOP 2 POSTS

№109.06 · 10:29TEXT	VIEWS	REACTIONS
	8 784	600
A tale about a courier. Once upon a time there was a Hedgehog He had his own business. He collected special cones with rare bark in the forest and sold them to other animals for...	REPOSTS	ER
	37	79.5%
№205.07 · 10:26VIDEO	VIEWS	REACTIONS
	4 519	1 026
We came to the White Nights marathon with prizes. Searched for channel subs. Surveyed 48 people. Found 7 subs. Didn't give away all prizes...	REPOSTS	ER
	25	40.9%

WORST 2

↓09.06 · 10:29TEXT	VIEWS	REACTIONS
	8 784	600
A tale about a courier. Once upon a time there was a Hedgehog He had his own business. He collected special cones with rare bark in the forest and sold them to other animals for...	REPOSTS	ER
	37	79.5%

↓ 05.07 · 10:26 VIDEO We came to the White Nights marathon with prizes. Searched for channel subs. Surveyed 48 people. Found 7 subs. Didn't give away all prizes...		VIEWS 4 519 REPOSTS 25	REACTIONS 1 026 ER 40.9%
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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

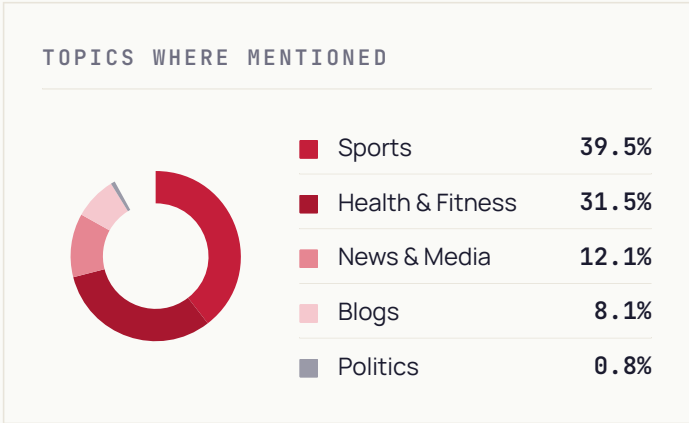
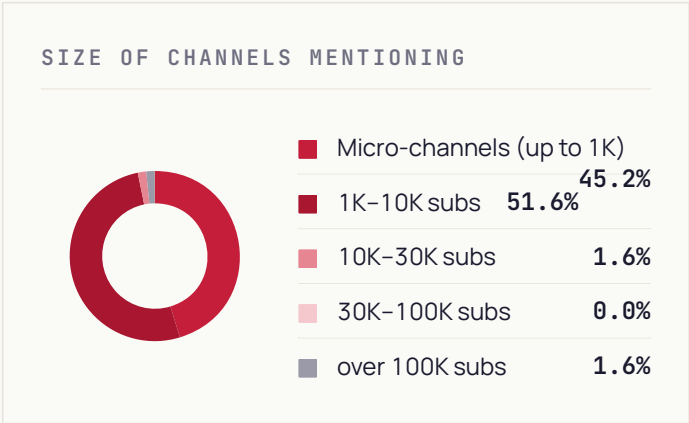
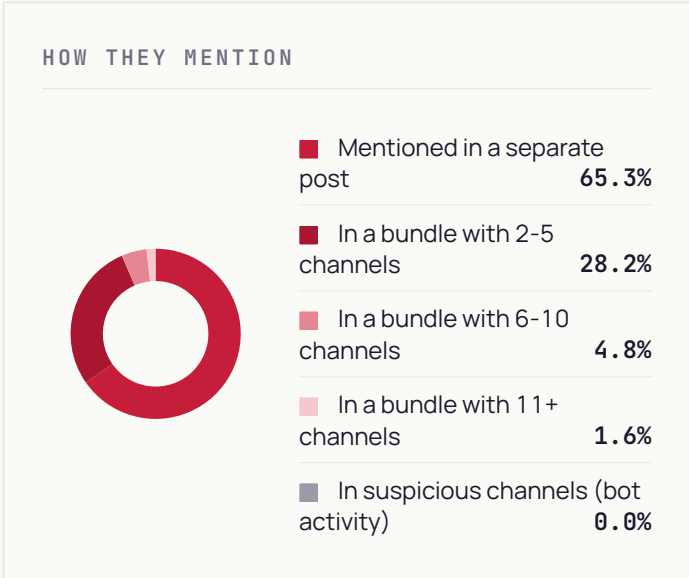
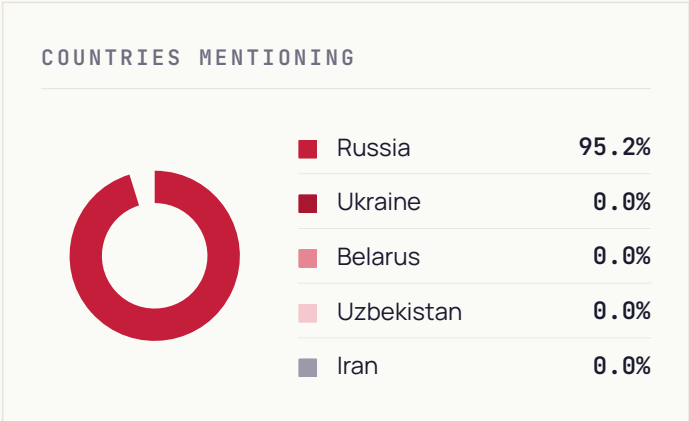
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who & how mentions the channel

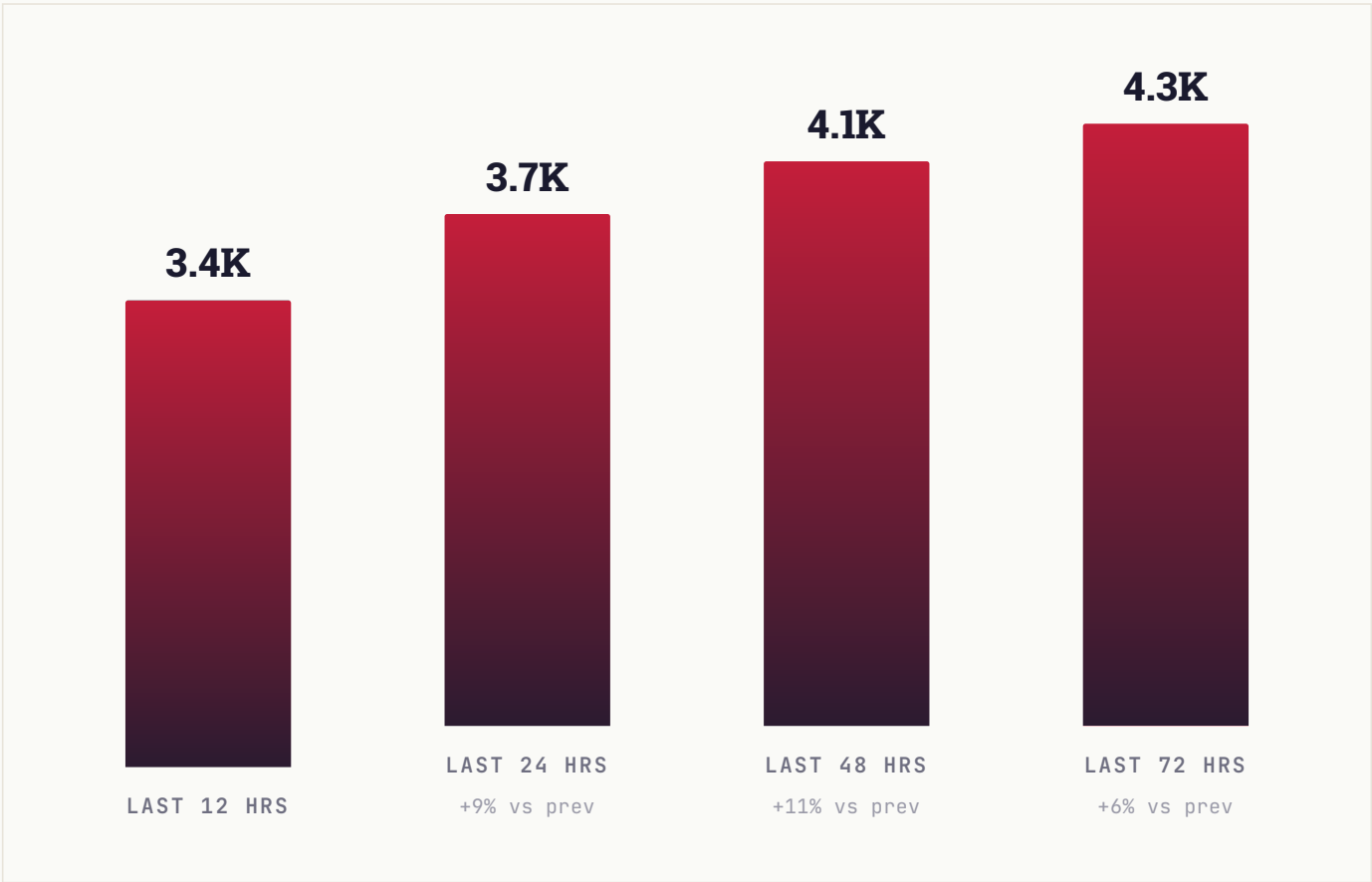
Citation index **10** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **52** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should “live”.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — you can see its position among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
WA watch_run YOU	11K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Test purchase (766.3K), top-97 median: 154.7K. First goal: enter top-97 via systematic traffic & content work.

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 **7**, they brought **128** new subs.

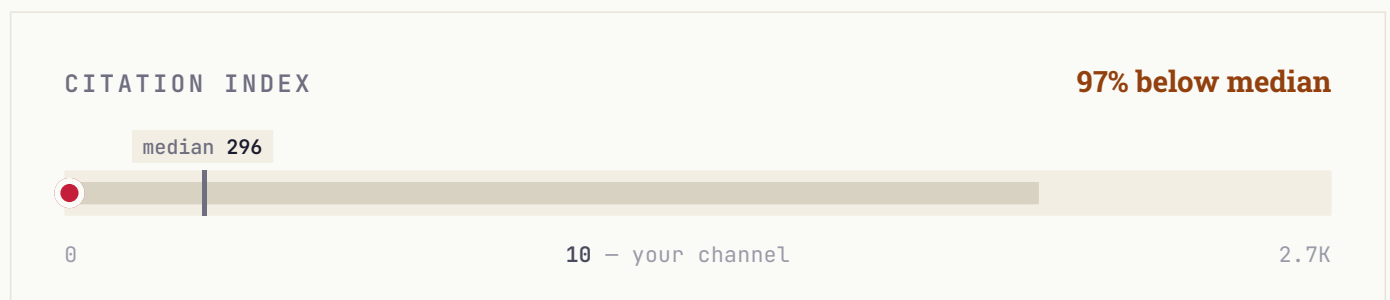
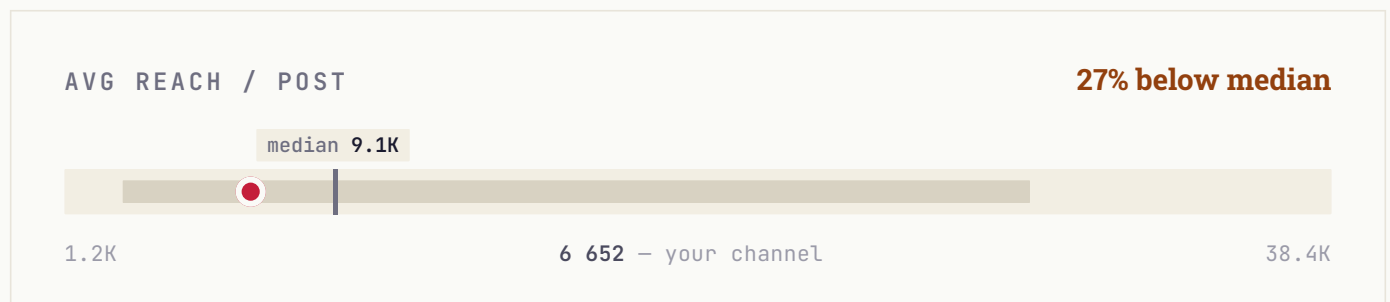
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	2	2	49	
December 2025	1	1	68	
Nov 2025	0	0	11	
Oct 2025	3	3	0	
September 2025	1	1	0	
August 2025	0	0	0	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
7	6	128

— SECTION 08 • NICHE COMPARISON

Where the channel ranks in its league

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



— 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**

Now 0.5 posts/wk. Active channels avg 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
beats volume****02****Top post of the week — Tuesday**

Audience is most active on this day at 13:00 MSK.

EFFECT

**Best window
for a key post****03****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****04****Test polls & interactive formats**

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

EFFECT

+5-15% ER**05****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**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. If you want to go further — run ads through us and hit your growth target in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
