

Ben Parker | Running Coach

INSTAGRAM @benparkerfitness United Kingdom, London

@runna co-founder & head coach ? I love running & cycling ? marathon x43, ironman x9 ???????????? next: IM Kalmar ?

38,587	0	861	7.27%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Technology

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 18, 2026	38,587	7.27%	2,759	47

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Carousel_album	May 14, 2026	565	19	0
Carousel_album	May 10, 2026	590	7	0
Video	Apr 26, 2026	23,461	188	0
Carousel_album	Apr 26, 2026	3,275	81	0
Carousel_album	Mar 08, 2026	926	11	0

Type	Posted	Likes	Comments	Shares
Carousel_album	Feb 27, 2026	1,820	35	0
Video	Feb 15, 2026	766	24	0
Carousel_album	Feb 15, 2026	1,928	44	0
Carousel_album	Jan 05, 2026	749	182	0
Carousel_album	Dec 08, 2025	3,386	28	0
Carousel_album	Nov 25, 2025	799	10	0
Carousel_album	Oct 25, 2025	2,008	20	0

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Data is based on publicly available information and may not reflect real-time metrics.