

SocialHipper

Influencer Profile Report · Generated July 19, 2026

liz ? running coach

INSTAGRAM

@resiliencyinrunning United Kingdom, London

?? running tips & journey to BQ ? ?????26.2 ? x12 ? 5:29 ? 3:32 ?? @uesca1 running coach ?
liz@fortalentgroup.com

58,362	0	1,537	5.12%	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	58,362	5.12%	2,963	26

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 17, 2026	871	33	0
Video	May 17, 2026	14	0	0
Carousel_album	May 16, 2026	806	21	0
Video	May 15, 2026	24	0	0
Video	May 13, 2026	936	40	0

Type	Posted	Likes	Comments	Shares
Video	May 12, 2026	886	32	0
Video	May 12, 2026	42	0	0
Video	May 11, 2026	6	0	0
Video	May 11, 2026	23	0	0
Carousel_album	May 11, 2026	803	22	0
Video	May 10, 2026	52	0	0
Video	May 10, 2026	20	0	0

This report was generated by SocialHipper — <https://www.socialhipper.com>

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