



TOM COWLING SD 10 AARON BOWEN
11/29/25 - BIRMINGHAM, ENGLAND

Total Punches Landed / Thrown

	1	2	3	4	5	6	7	8	9	10
BOWEN	9/53	12/79	21/82	19/75	25/83	16/80	16/67	15/94	16/91	18/119
	17%	15.2%	25.6%	25.3%	30.1%	20%	23.9%	16%	17.6%	15.1%
COWLING	5/27	16/36	21/60	17/47	26/70	11/41	20/50	10/32	35/65	29/64
	18.5%	44.4%	35%	36.2%	37.1%	26.8%	40%	31.3%	53.8%	45.3%

Jab Landed / Thrown

	1	2	3	4	5	6	7	8	9	10
BOWEN	7/42	8/54	8/40	7/37	2/21	10/47	7/36	6/56	3/18	6/37
	16.7%	14.8%	20%	18.9%	9.5%	21.3%	19.4%	10.7%	16.7%	16.2%
COWLING	4/22	8/23	14/42	10/31	9/38	7/23	11/28	5/20	11/20	5/13
	18.2%	34.8%	33.3%	32.3%	23.7%	30.4%	39.3%	25%	55%	38.5%

Power Punches Landed / Thrown

	1	2	3	4	5	6	7	8	9	10
BOWEN	2/11	4/25	13/42	12/38	23/62	6/33	9/31	9/38	13/73	12/82
	18.2%	16%	31%	31.6%	37.1%	18.2%	29%	23.7%	17.8%	14.6%
COWLING	1/5	8/13	7/18	7/16	17/32	4/18	9/22	5/12	24/45	24/51
	20%	61.5%	38.9%	43.8%	53.1%	22.2%	40.9%	41.7%	53.3%	47.1%

Final Punch Stat Report

	Total Punches (Body Landed)	Total Jabs (Body Landed)	Power Punches (Body Landed)
BOWEN	167 (36)/823	64 (2)/388	103 (34)/435
	20.3%	16.5%	23.7%
COWLING	190 (16)/492	84 (1)/260	106 (15)/232
	38.6%	32.3%	45.7%

Inside The Numbers

A tough battle as Cowling landed 190 of 492, 39% total punches while Bowen landed 167 of 823, 20%. Cowling held a 106 to 103 power punch connect advantage. Bowen scored a knockdown in round 5. Scores were 96-93 Bowen and 95-94 twice for Cowling.