



CONOR BENN UD 10 REGIS PROGRAIS
04/11/26 - LONDON

Total Punches Landed / Thrown										
	1	2	3	4	5	6	7	8	9	10
BENN	11/48	14/54	14/49	17/57	23/58	13/53	31/73	23/57	17/47	13/43
	22.9%	25.9%	28.6%	29.8%	39.7%	24.5%	42.5%	40.4%	36.2%	30.2%
PROGRAIS	8/40	8/38	5/34	11/42	15/45	13/45	11/39	12/46	13/44	12/40
	20%	21.1%	14.7%	26.2%	33.3%	28.9%	28.2%	26.1%	29.5%	30%

Jab Landed / Thrown										
	1	2	3	4	5	6	7	8	9	10
BENN	3/23	10/39	11/35	11/34	6/27	4/36	3/18	4/20	8/24	5/16
	13%	25.6%	31.4%	32.4%	22.2%	11.1%	16.7%	20%	33.3%	31.3%
PROGRAIS	4/28	5/28	3/29	5/32	7/29	4/28	4/24	3/27	3/28	4/22
	14.3%	17.9%	10.3%	15.6%	24.1%	14.3%	16.7%	11.1%	10.7%	18.2%

Power Punches Landed / Thrown										
	1	2	3	4	5	6	7	8	9	10
BENN	8/25	4/15	3/14	6/23	17/31	9/17	28/55	19/37	9/23	8/27
	32%	26.7%	21.4%	26.1%	54.8%	52.9%	50.9%	51.4%	39.1%	29.6%
PROGRAIS	4/12	3/10	2/5	6/10	8/16	9/17	7/15	9/19	10/16	8/18
	33.3%	30%	40%	60%	50%	52.9%	46.7%	47.4%	62.5%	44.4%

Final Punch Stat Report			
	Total Punches (Body Landed)	Total Jabs (Body Landed)	Power Punches (Body Landed)
BENN	176 (55)/539	65 (0)/272	111 (55)/267
	32.7%	23.9%	41.6%
PROGRAIS	108 (29)/413	42 (0)/275	66 (29)/138
	26.2%	15.3%	47.8%

Inside The Numbers

Benn threw 120 more punches than Progris and landed 88 more. Progris's head did more damage than his feet, as two accidental headbutts opened cuts outside of Benn's eyes. Benn responded to being cut by pounding Progris' body. Half of Benn's power punch connects were body shots. All three judges scored the fight for Benn, 98-92.