

I'm notating the exact route in 7s_mit's 5:26:06: <http://www.speedrun.com/run/kz569x5y> (only battles/items, not movement) I don't know what aspects were planned and what were accidental or mistakes. Then I'll add commentary.

This is useful: [BIS bestiary](#)

Bowser

no

OK jump (2)

No

Excellent jump (4)

Dodge

OK (2)

No

Dodge

Excellent (4)

Dodge

Great (3)

Dodge

Excellent (4)

Dodge

Excellent (4)

Dodge

Excellent (4)

Dodge

Fail (1)

I'm guessing here he was trying to do an excellent instead of a great, which would skip the final turn. For some reason it was better to do 2 OK jumps rather than 1 excellent. That might have been a mistake as well.

Trash pit

1 coin in a multi-coin block

Starlow

Counter (2)

OK (2)

No

Counter (2)

Good (2)

Pretty sure the OK was to delay killing the goombule, another one would have spawned if it died on the second counter.

2 coins

Neat strat to avoid the second goombule

1 coin, mushroom

Luigi

First strike (2,2)

M: OK top (2)

Counter top (2)

Get hit by bottom

L: OK bottom (2)

M: OK bottom (2)

No

Counter both (2,2)

Again, the OK hits are to delay killing them before starlow appears the second time.

No, no, no

3 1-ups

3 syrups

All the attack pieces

Elite Goombules

No

M: gs (16, 4)

Get hit

L: gs (12)

Spike blobs

No

M: OK Hammer top (2)

L: OK Hammer top (2)

M: OK Hammer top (2)

No

Counter top (2)

Counter bottom (2)

L: gs (4,10)

Again, I think the OK hammers were to delay killing them. However, it seems like it would be faster to do excellent hits. Ideally you would kill both of them on the counter, or with 1 gs hit each.

Green shell is slow.

5 coins

Hammer first strike third spike blob

M: gs

1-up

Mario level up, POW +5

Luigi POW +5

This encounter looked intentional. It's a hard one to avoid and he probably wanted the EXP.

Hammer first strike 4th spike blob

M: gs

Again, probably intentional. Though from what I've seen this one's easier to avoid.

3 syrups

Cavi Cape

Midbus

Afaik there's nothing to speed up this battle. Mash x

Plack beach

5 coins from crab

5 out of 6 coins from arrow

10 coins from box

Broque monsieur

Vacuum

Retry clock

Mega, get hit

Excellent punch (40)

Coin

Excellent (40)

Mega, get hit

Excellent (40)

Mushroom to bowser

Excellent (40)

Obviously broque's attacks are RNG - the best is coin, then mushroom to bowser, then probably mega is slightly better than mushroom to broque. It's faster to get hit my mega since the counter animation is long. Only problem of course is if you take so much damage you die.

Room after next:

Punch first strike toothy (6,6)

Great punch toothy (22)
Counter chuboomba (16)
Great chuboomba (30)
drumstick

Punch first strike toothy
Great punch toothy (22)
Counter chuboomba (16)
Great chuboomba (30)
drumstick
Bowser POW +5

Like the spike blob encounters in trash pit, these are hard to avoid and are for EXP. Great punches are faster than excellent and were enough to kill them.

Sea pipe statue
Counter (18)
Vacuum
Bowser takes 8 damage
Dodge
M: Excellent jump (7)
L: gs (8)
Counter (2)
B: Great punch (34)
B: Great (34)
B: Excellent (39)
Counter (18)
B: Vacuum
B takes 8
Dodge
M: Excellent jump (7)
L: gs (20)
Counter (2)
B: Excellent (39)
B: Excellent Lucky (59)
Counter (18)
B: OK punch (0)
Counter (18)
1-up DX
M POW +4
L POW +4
B POW +4

SPS has 320 HP. It's the same address that's decreased when Bowser attacks the statue and when the bros attack the stone blooper. At the end of the battle, he opted to not vacuum and

instead attack for no damage because SPS head 15 HP left, and he could be killed with 1 counter. I don't know why Mario didn't use a green shell but Luigi did, or why the first green shell was ended early but the second one finished, or why some of Bowser's attacks were great and not excellent. 2-vacuum like he did here is only possible if you level up Bowser or get 2 lucky hits.

Pump works

3 mushrooms

Retry clock

Scutlet

Counter (4)

M: Excellent jump (9)

L: Excellent jump (8)

C4

M9

L8

C4

M11 (lucky)

L8

C4

M9

L8

C4

M9

L8

C4

M9

L8

C5

C4

M9

L8

C4

C4

M9

L8

C5

C4

M9

L8

C4

C5
M9
L8
C4
C4
M9
L8
C4
C5
M9
L9 (lucky)
M POW +3
L SPEED +5

With the amount of level*POW they have, I guess it's faster to jump than green shell, since the green shell animation is long. Surprising that he's going for Speed in an RTA.

Broggy
No
Dodge
No
B: great fire
B: great punch (52)
Dodge
B: great fire
B: great punch (53)
Dodge
B: great fire
B: great punch (53)
Dodge
B: great fire
B: great punch (53)
B POW +3

Great fire is faster than excellent fire and they have the same effect. Not sure why excellent punches weren't used. Probably because 3-turn would be impossible even if all 3 punches were excellent.

Dimble woods

50 coins behind trees

Lost 2 coins in arm center

Treenvils

No

Counter (12,6)

Great fire (34,34)

Counter (6,6)

Excellent fire (43,43) (1 treevil dies)

Counter (6)

Pretty sure the first fire was supposed to be great. That would have killed the second treevil before it did its last attack.

Encounter with Trashure and treevil

Counter (12)

Counter (8)

B: Vacuum (fail)

Counter (6)

Trashure runs

B: Run away

This was definitely a mistake since he spent a while trying to avoid the encounter. Not sure why he didn't run on the first turn. Maybe he accidentally selected vacuum instead of run.

5 coins (bug)

Wiggler

Dodge

B: OK punch 4th segment

Dodge (all yellow)

B: Excellent punch (45)

B: Great (39)

B: Excellent (45)

Dodge

B: OK 4th (all yellow)

B: excellent (45)

B: excellent (45)

Dodge

B: OK 4th (all yellow)

B: excellent (45)

B: excellent (45)

Dodge

B: OK 4th (all yellow)

B: excellent (45)

B: excellent (45)

Dodge

B: OK 4th

Dodge (all yellow), leaf guys arrive

B: vacuum (81)
M: Excellent jump bottom (16)
L: Excellent top (13)
Counter (8,6)
M: Excellent lucky bottom (21)
L : Excellent top (13)
Counter (8,6)
M: Excellent top (16)
L: Excellent bottom (13)
B: great (38)
B: great (38)
2 Fighter wears, 1-up dx
B: POW +3
B: POW +1

He got pretty good RNG, with Wiggler doing his fastest attack. Punches are used instead of Goomba Storm because goomba storm has a long animation and I assume at his level* POW each goomba does 3 damage still. I think it's faster to not vacuum the leaf guys since then you have to fight them which takes a long time, but maybe he wanted the exp. If you don't vacuum them bowser takes a lot of damage (45 iirc) but you should be able to survive it if you dodge everything else.

Mario and luigi go to trash pit, first strike a spike blob (5,5)
M: OK hammer (14)
L : OK hammer (11)

First strike next skip blob (5,6)
M: OK hammer (14)
L: OK jump (9)
M POW +3
L POW +3

First strike next skip blob (8,8)
M: failed hammer (9)
Mushroom

First strike next skip blob (8,8)
M: failed hammer (9)
L: failed hammer (7)

Just a bit of grinding before durmite I suppose. Wonder if it would be faster to do this the first time in trash pit. Wouldn't be able to beat them as quickly, but would save time on movement, avoiding them, and maybe on early bosses from being at a higher level.

Equip fighter wear on Mario and Luigi

Use 1 mushroom and syrup each on Mario and Luigi

Durmite

Counter (11)

M: Excellent jump (23)

L: Excellent jump (19)

Counter (9)

M: Great jump (20)

L: fail hammer (5)

Counter (9)

Biffidus arrive

Counter (16,16,14)

M: gs (35)

L: Excellent jump (19)

Counter (9)

M: gs (37)

L: gs (37)

Counter (11)

M: excellent jump (23)

L: gs (35)

Dodge

Get hit (13, 12)

Spawns straw

M: Excellent jump durmite (23)

L: Excellent jump durmite (19)

POW gloves

M POW +3

L SP +2

Impressed with this battle. Biffidus came only once, and straw came, but he didn't kill it and instead killed durmite before she healed. No idea how he decides whether to jump or green shell. Obviously can't be only green shell or else he'd run out of SP. Perhaps there is some subtle AI manipulation here. Luigi's going to be pretty weak, but I guess it doesn't matter much sense Mario's POW is used for jump helmets, which will be the main source of damage, once they're unlocked.

Bowser's Castle

Excellent fire every turn, counter every turn

Star candy

POW +3

I thought punches did more damage, probably just because I'm bad at excellent fire.

Bumpy Plains

5 coins from sneed
50 coins from block

10 coins from grass

Also worth noting he did a slide into bowser path I didn't know was possible, or forgot about

Bowser Path

Power band

10 coins from fawful guy

Didn't get shy guy squad

Surprising, I thought it was really good and doesn't take much time to get and has a quick animation.

10 coins from fawful guy

10 coins from fawful guy

Arm center

Equip power band on bowser

Equip POW gloves on Mario

Midbus

Dodge

Great punch (39)

Counter (21)

Great 39

C21

G40

Dodge

G40

C21

G40

Dodge

G40

C21

G40

C21

G40

D

G40

C21
G40
D
G40
C21
G40
C21
G40
D
G40
C21
G39
D
G40
C21
G60 (lucky)
C21
G40
Drumstick
B POW +3

No clue why he didn't do excellent punches. Otherwise, standard battle for not having shy guy squad.

Flab zone

Attack piece #1

Tenderlings
Dodge
Counter (12)
M: Excellent jump top (23)
L : Excellent jump bottom (19)
Use badge
M: Excellent jump bottom (23)
L: Excellent lucky jump top (22)

Attack pieces #2-5

POW boots

Attack pieces #6-9

Attack piece #10

Ultra nut
EXP socks

Backtrack, save
First strike calorite
Flee
Unintentional encounter

Challenge node
Jump helmet minigame
Soft reset, reload

Equip EXP socks and daredevil boots on Mario
Equip POW boots on Luigi

Hammer first strike calorite (and 3 tenderlings) (10,10,10,10)
Dodge, dodge, counter (11)
M: gs calorite (60)
L: gs calorite (kills calorite and 1 tenderling)
Counter (11), Counter (24)
M: Good jump (22)
M POW +3
L POW +3
More grinding

super syrup
3 super mushrooms

Kretin
All red expect br
Dodge
M: good jump M (30)
L: excellent jump B (32)
Dodge
M: good jump bl (30)
L: excellent jump br (32)
Dodge
M: good jump tl (30)
L: excellent jump tr (32)
Dodge
M: jump helmet excellent (110)
L: jump helmet OK (66)
Dodge

M: jump helmet excellent (110)

L: jump helmet excellent (110)

+max syrup

M POW +3

M POW +3

M POW +3

L SPEED +4

L SPEED +2

This battle makes sense. It's pretty good that 1 jump from Mario kills an Alpha Kretin. 1 Luigi jump does 15, so maybe with a bit more grinding and investing bonuses in Luigi's POW, he could do it too. The second jump helmet was not excellent since 3 excellent jumps and one OK were enough to kill it, barely ($110 \times 3 + 66 = 386 > 385$). Mario would need a lot more POW for 3-helmet. 1-cycle is possible with 97 damage per helmet without lucky hits or 6-jumps. Luigi doesn't need any more POW, but I think SP and stache would be much better than speed, at least for RTA. Currently, Luigi has 29 speed, while Mario has 33. For reference, Bowseritits has 32.

Toad Town Caves

150 coins

Fawflants

Counter (88, 88)

M: good jump

L: good jump

+super syrup

Toad Town

Go to Toad Town Caves for max mushroom, budge charm

Restore HP and SP with tea

Equip Shabby Shell on Bowser

This is so he can sell the power ring.

In badge shop,

Sell budge charm for 375

Sell power ring for 250

Sell max mushroom for 15

Buy powerful badge and excellent! badge for 2000+1000

He had 3014 coins, barely enough for the two badges

Equip the new badges

Bowser

M: Excellent jh (168)

Counter (72)

L: Great jh (152)

M: Excellent jh (168)

Counter (139)

L: Excellent jh (168)

M: Excellent jh (168)

Counter (11)

Counter (100)

L: Excellent jh (168)

+shell boots

M Speed +5

M Speed +4

L Speed +3

L Speed +3

He was probably trying to get an Excellent on that second jump helmet, but it doesn't matter too much since the badge meter was filled by the end anyway. Again going for SPEED. If it works like PiT, the fact that he went before Bowser didn't save time overall. I'm interested to see when he saves significant time for investing so much in SPEED. Wisdurm has 52 SPEED, while Mario has 46 and Luigi has 37.

Blubble Lake

Coin block

After boat, 50 coins

Yikk Tower

Excellent Fire

Dodge, in water

Excellent punch

Dodge

Great punch

Dodge

Excellent punch

Dodge

Excellent punch

Don't dodge, back on land, repair guys start

Excellent punch

Repaired
Dodge, in water
Excellent punch
Dodge
Excellent punch
+star candy
B POW +3
B POW +1
B POW +3
B POW +3

I'm guessing the tower would have gone onto land whether or not he dodged the time he didn't dodge. Not sure why he let the tower repair.

Energy Hold

2 refreshing herbs

Encounter with Piranha Plorp, ran away
3 coins

Hero Wear

Encounter with Piranha Plorp, ran away

Use super syrup on M and L
Equip POW gloves on Mario (not sure where he got it?)

Wisdurm
Counter (48)
Use badge
M: Excellent jh (564)
L: Excellent jh (282)
Counter (48)
Transform
M: excellent jump on heart
L: excellent jump on heart
Dodge
Counter (3)
M: excellent jump on heart
Transforms
Use badge
L: excellent jh (620)
Counter (48)

Siphon boots

M POW +3

M POW +3

M POW +3

L SPEED +3

L POW +3

L POW +3

This boss strat is really cool. Jumping 3x on the heart allows him to use the badge twice in the battle, killing Wisdurm really quickly. It's amazing how he's able to get so many 3s. He went back to POW for Luigi, perhaps because he met a SPEED threshold. Luigi's SPEED is now 43.

Bumpy Plains

Encounter w/ 3 flifits

Fire 2 turns

At this point I feel like he doesn't want to run from battles and assumes it'll save more time if he gets the exp.

Bowser's Castle

Another slide I didn't know was possible to skip part of that bob-omb section

Fawful Express

Good fire

Dodge

Excellent fire

Excellent fire

Dodge

Excellent fire

Dodge

Dodge

Good fire

Dodge

Excellent punch

Dodge

Excellent fire

Dodge

Excellent fire

Counter

Excellent fire

Excellent fire

Counter

POW +1

POW +3

POW +1

POW +3

POW +3

I think this is pretty self-explanatory. The one punch was against the hill when it was on fire.

2 syrups on L, 1 on M (both to max SP)

Memory M&L

M: Excellent jh L (250)

Dodge

L: Excellent jh L (278)

M: Excellent jh M (316)

Dodge

L: Excellent jh M (316)

M: Excellent jh M (316) (dead)

Super strike

L: Excellent jh L (556) (dead)

Max Syrup, Grown-up Wear

M POW +1

M POW +3

L POW +3

L POW +3

Another good battle.

Toad Town

DX POW gloves (in clinic)

Mic check, catch birdley (why do you need to do this?)

DO THE CORNER LEDGE BOOST of course WR doesn't do it cause it wasn't known then

Blubble Lake to Dimble Wood

Attack piece #1-6

Power bean next to 6th piece

Plack Beach

Chakron

Run

Dimble Wood

Hit ! block

Unequip daredevil boots

Equip DX POW gloves, daredevil boots, and hero wear on Luigi

Nice platforming

Encounter with Sockop, run

4 Scutlets

Get hit, use retry clock

Counter (48,48)

Excellent jump L (92) (dead)

Counter T (44) (dead)

Excellent lucky jump B (114) (dead)

Counter R (44) (dead)

They only have 72 HP, Daredevil boots help a lot and make this quick fight pretty easy. DX POW gloves probably wasn't necessary unless he wants them for later too.

Attack piece #7

Unequip daredevil boots

Equip POW boots on L over DX POW gloves

Equip daredevil boots on M over Exp socks

Re-equip EXP socks on M (lol)

Equip DX POW Gloves on M over POW gloves

Equip POW gloves on L

There's probably a better way to do this menu, or get rid of a step. It doesn't matter too much seeing as it really doesn't take much time to equip.

Attack piece #8-9

4 sockops

M: Yoohoo Cannon

L: Yoohoo Cannon

M POW +3

L POW +3

Straightforward

Attack piece #10

Plack Beach

Chakron

Excellent Snack Basket
Toad Town

Miracle Cure
Skip mighty meteor

Power bean left of fountain

Muscle wear

Peach's Castle

Power bean left on 1st screen
Power bean bottom on left screen

Max syrup M
Syrup L
4 Power beans on M

jump onto whirlwind place to save a couple seconds

Junker
M: Excellent jh (310)
Super strike
L: Excellent jh (620)
Dodge
M: Excellent jh (310)
L: Excellent jh (310)
Special gloves
M POW +3
M POW +3
L POW +3
L POW +3
Another really good, straightforward battle.

Lumbar Nook code

Inside Peach's Castle

Ultra syrup

Wicked shell
Red Key

Unlock red door, magikoopa mob

In a route with both shy guy squad and magikoopa mob, squad would be only used against Midbus. Such a route is probably slower than a route getting only one of the two attacks. I'm not sure which is faster to get though.

Blue key

I feel like there's some way to skip part of following the blue key, not sure.

Unroll, respawn on land

Blue door

Only use 2nd bomb

Chest station minigame

Right for power band + (japanese name has SP in it, maybe this is a naming mistake?)

Equip wicked shell and power band +

Blizzard Midbus

Don't dodge snowballs

Vacuum snawfuls

M: Excellent Snack Basket (196) (all dead)

Counter (38)

B: Excellent Magikoopa Mob (294)

Counter (38)

B: Excellent mm (300)

Counter (38)

B: Star Candy

Snawfuls Heal 120

Counter (22)

Counter (22)

Vacuum Snawfuls

L: Excellent sb

Counter (28)

B: Excellent mm (210)

Don't dodge

B: Excellent mm (288)

Counter (38)

B: Star Candy

Counter (38)

B: Excellent mm (288)
Don't dodge
B: Excellent mm (306)
Counter (38)
Counter (38)
B: Star Candy
Counter (38)
B: Excellent mm (288) (dead)
Star Candy
M POW +3
B POW +3
B POW +1
B POW +3

He took a lot of hits this battle, so I'm guessing he was trying to get Fury but didn't get it. As a result, the battle went pretty badly and he had to waste a few turns using star candies.

Airway

Encounter with Air cheep, Run

Ultra syrup L, Max syrup M

In the 2nd room, only jump with Mario to hit the 1st switch, makes it easier to avoid the Air cheep. I think the 2nd switch can be skipped with a precise jump.

2 ultra mushrooms

Equip Grown-up wear on M over EXP socks

A bunch of coins

1-up DX

1-up DX

Equip Muscle wear on M over Grown-up wear
Unequip Daredevil boots
Equip Daredevil boots on L over POW boots
Equip POW boots on M

Encounter with 2 Air cannons

M: Excellent sb

L POW +1

Equip EXP socks on M over Muscle wear

Encounter with 2 Air cannons

M: Excellent sb

M POW +3

Max nut

Equip Muscle wear on M over EXP socks

Unequip daredevil boots

Equip daredevil boots on M over POW boots

Equip POW boots on L

Super syrup M

Equip Special gloves on L over POW gloves

Dark Star

Dodge

M: Excellent jh top satelmite (592)

L: Great jh bottom satelmite (584)

Counter (lower dark star def)

M: Excellent jh (408)

Dodge

Super strike

L: Excellent jh (936) (dead)

Only Luigi runs away

Star Candy

L POW +1

L POW +3

L POW +3

Another really fast battle. From what I can tell, Special Gloves affect overall damage, not POW.

Super Peach's Castle

Excellent fire

Counter

Excellent fire

Excellent fire

Counter

Excellent punch

Dodge

Excellent punch

Counter

Counter
Excellent punch
Counter
Dodge
Excellent punch
Counter
Counter until dead
Star Candy
POW +3
POW +3

Special Fangs X

Equip Special fangs X on B
Star Candy everyone

Dark Fawful
Counter (153)
B: Excellent mm (100, 224)
Fawful heals for 300
Dodge
B: Excellent mm (94,240)
Fawful heals for 300
Dodge
B: Vacuum helmet
Takes special attacks
Counter (74)
M: Excellent jump (142)
Get special attacks back
L: Excellent jh (454)
Dodge
M: Excellent jump (142)
L: OK jh (270) (dead)
Counter (153)
B: Excellent mm (400)
Counter (204)
B: Super syrup
Dodge
B: Excellent mm (400)
Counter (204)
B: Star Candy
Don't dodge
B: Excellent mm (400) (dead)

Star Candy

B POW +3

B POW +1

What's the fastest way to get the helmet off Fawful? If it's just attacking twice, fire is probably a better choice than mm. Also instead of jump, OK jh I think Excellent jh may have killed the helmet, either way I think it should have been Excellent to help the badge meter.

Dark bowser minigame

Star Candy

Star Candy Luigi and Bowser

Now I see, he wanted only Luigi to use SP so he could heal more quickly.

Dark Bowser

Counter (56)

B: Excellent mm (435)

Counter (56)

B: Excellent mm (427)

Counter (56) (dead)

B: OK fire (6)

B: Vacuum dark star core

M: Excellent jh left glasses (466)

L: Great jh right glasses (482)

Dodge

M: Excellent sb (199) (core falls)

L: Great jh (382)

Counter (22)

M: Excellent jh (370)

Super strike

L: Excellent jh (852)

Final punches

It's good that he killed db on a counter. This battle went pretty well. I'm guessing he delayed the super strike so that dsc did better attacks.