

Speedrunner Achieves Legendary No Damage No Deaths Run in Elden Ring

A new milestone in challenge-based speedrunning has drawn attention across the gaming community. A player has completed a full playthrough of Elden Ring without taking a single point of damage and without dying once, a feat widely regarded as one of the hardest ever attempted in the action-RPG genre. The run, referred to by speedrunners as a "no damage no deaths run," combines extreme mechanical precision with encyclopedic knowledge of enemy patterns and level geometry.

Elden Ring, developed by FromSoftware, presents an unusually hostile environment for such a challenge. Enemies hit hard, environmental hazards are plentiful, and the open-world design means that the player must contend with unpredictable variables. In a traditional speedrun, taking damage or dying is often acceptable if it saves time. A no damage no deaths run removes that margin entirely. Every encounter must be executed perfectly, every jump timed exactly, and every boss fought without a single mistake over several hours of play.

The runner who achieved this [no damage no deaths run](#) used a carefully optimized route that avoids unnecessary combat while still collecting the essential items required to progress. The run takes advantage of specific weapon upgrades, stat allocations, and sequence breaks that have been refined over months of practice. Even with these optimizations, the margin for error remains razor-thin. A single mistimed dodge or a missed parry forces a restart from the beginning.

What the run entails

A no damage no deaths run in Elden Ring is not merely a test of skill. It is a test of endurance and mental discipline. The game's bosses are known for their complex, multi-phase attack patterns. Malenia, Blade of Miquella, is often cited as the hardest boss in the game even for casual players. In a no damage run, she becomes a wall that has ended many attempts. The runner must learn every tell, every punish window, and every safe zone. One wrong step can erase hours of progress.

The run also requires careful management of stamina and equipment load. Carrying too much weight slows the dodge roll, which can be fatal. Not having enough poise can leave the character staggered after a block, opening them to a follow-up hit. The runner must balance these factors while also maintaining a route that fits within the time constraints of a speedrun. The result is a performance that looks almost robotic in its consistency, yet is entirely human.

Why the challenge matters

Speedrunning communities have always valued categories that push the limits of what is possible in a game. The no damage no deaths run sits at the top of that hierarchy in Elden Ring. It is a category that very few players even attempt, and fewer complete. The achievement has been documented and verified through the game's replay system, and the run has been uploaded to video platforms where it has been studied by other runners and fans.

The significance of this run extends beyond the speedrunning community. It demonstrates the depth of Elden Ring's design. A game that can be played for hundreds of hours and still yield new ways to master it speaks to the quality of its systems. The fact that a no damage no deaths run is possible at all, after millions of players have already completed the game, shows how much room for improvement still exists at the highest level of play.

Impact on the community

Other runners have already begun analyzing the route used in this no damage no deaths run. Some have suggested alternative paths that might make the run more consistent, while others have pointed out sections where the runner could have taken more risks to save time. The speedrunning leaderboard for Elden Ring has several categories, but this particular achievement is considered a separate milestone. It is not typically tracked on the same leaderboard as time-based categories because the criteria are so different. Instead, it exists as a benchmark that defines the upper boundary of what the game allows.

Viewership of the run has been high. On platforms where the run was shared, comments indicate a mix of awe and disbelief. Many viewers who have played Elden Ring understand just how difficult the game is even when deaths are allowed. Seeing a full playthrough with zero mistakes changes how they perceive the game's difficulty. It shifts the conversation from "this game is hard" to "this game can be mastered."

Technical details of the run

The no damage no deaths run uses a specific build designed to maximize damage output while minimizing risk. The runner chose a dexterity-focused character with a fast weapon that allows for quick hit-and-run tactics. Armor was selected for its weight-to-protection ratio rather than its raw defense numbers. Consumable items were used sparingly, only when necessary to prevent a situation that might force a risky play. Every flask and buff was allocated in advance based on the route's timeline.

The route avoids several optional bosses entirely, focusing only on the mandatory encounters required to reach the game's ending. Even so, the mandatory boss list includes some of the most difficult fights in the game. Each boss required its own approach. Some were fought with ranged attacks to minimize exposure. Others required close-quarters combat where a single

mistake would be fatal. The runner adapted their strategy for each fight based on the boss's unique behavior.

Broader implications

The achievement of a no damage no deaths run in Elden Ring has implications for how challenge runs are viewed in general. It sets a new standard for what is considered the pinnacle of difficulty in the genre. Other action-RPGs and soulslike games may see similar attempts as players try to replicate the feat in other titles. The run also contributes to the ongoing discussion about game difficulty and accessibility. It shows that extreme difficulty can coexist with a dedicated community that values mastery over completion.

For the wider gaming audience, this run is a reminder that video games can still surprise us. Even after a game has been out for years and played by millions, there are still achievements that feel impossible until someone proves they are not. The no damage no deaths run is one of those achievements. It stands as a testament to what dedicated players can accomplish when they refuse to accept the limits that the game appears to impose.