



European Table Tennis Union

EUROPE
TOP 16 CUP | 中国建设银行
MONTREUX (SWITZERLAND)



中国建设银行
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Truls Mörregårdh

AGE

23

EU RANKING

1

NATION

SWEDISH

PLAYING STYLE

AGGRESSIVE ATTACK

PLAYING HAND

RIGHT

CLUB

FC SAARBRÜCKEN TT

DATE OF BIRTH	16 FEBRUARY 2002
HEIGHT	177 CM
PLACE OF BIRTH	HOVMANTORP, SWEDEN
GRIP STYLE	SHAKEHAND
COACH	MALTE MÖREGÅRDH
WORLD RANKING	4
CLUBS AS THE ACTIVE PLAYER(S)	FC SAARBRÜCKEN TT

MEDALS AND TITLES

WTT Events

- 2025 Grand Smash Malmö Singles, Gold medal - first place
- 2025 Europe Smash Malmö Singles, Gold medal - first place
- 2025 Champions Montpellier Singles, Gold medal - first place
- 2025 Finals Hong Kong Singles, Silver medal - second place

Olympic Games

- 2024 Paris Singles, Silver medal - second place
- 2024 Paris Team, Silver medal - second place

World Championships

- 2021 Houston Singles, Silver medal - second place
- 2025 Doha Singles, Bronze medal - third place
- 2018 Halmstad Team, Bronze medal - third place

European Championships

- 2023 Malmö Team, Gold medal - first place
- 2024 Linz Doubles, Silver medal - second place
- 2019 Nantes Team, Bronze medal - third place
- 2021 Cluj-Napoca Team, Bronze medal - third place
- 2024 Linz Singles, Bronze medal - third place

European Games

- 2023 Kraków-Małopolska Team, Silver medal - second place

World Junior Championships

- 2017 Riva del Garda Singles, Silver medal - second place
- 2019 Korat Singles, Silver medal - second place

Club Competitions (ETTU / Champions League)

- 2025 Champions League Final-4 (Saarbrücken), Gold medal - first place

PLAYING STYLE AND PERSONALITY

Möregårdh is an aggressive, right-handed attacker with a strong two-wing game, especially a dynamic backhand and punchy opening strokes. Using a shakehand grip, he combines fast footwork with tactical creativity, creative blocking, and occasional unorthodox elements. On court, he is a charismatic and expressive player, frequently described as "the Swedish rocket." Passionate and combative, he brings flair and emotion to high-pressure moments and is highly popular with fans, particularly in Sweden.

BREAKTHROUGH MOMENTS AND ACHIEVEMENTS

2025

WTT Grand Smash (Malmö)

- Became the first European player to win a WTT Grand Smash singles title, achieving a historic milestone on home soil.

World Championships (Doha)

- Returned to the World Championship podium with a bronze medal, reaching the semifinals and reaffirming his status among the world's elite.

WTT Europe Smash (Malmö)

- Captured the Europe Smash title in front of home fans, further energizing Swedish table tennis.

WTT Champions & WTT Finals

- Multiple WTT Champions victories and a runner-up finish at the WTT Finals Hong Kong highlighted 2025 as one of the strongest seasons of his career.

2024

Paris Summer Olympics

- Möregårdh's historic silver medal in men's singles was one of the most significant moments of his career. His victory over world number one Wang Chuqin was a monumental upset and showcased his ability to handle high-pressure matches. Sweden's silver in the team event.

2023

European Championships Team Event

- Möregårdh's decisive performances, particularly in the final against Germany, were pivotal in securing Sweden's gold medal. His contributions revitalized Sweden's reputation as a powerhouse in European table tennis.

2021

World Table Tennis Championships (Houston)

- Reached the men's singles final as an unseeded player and won the silver medal, becoming one of the youngest players ever to reach a World Championships singles final and announcing himself as a global contender.

2019

European Youth Championships Victory

Möregårdh's gold medal in singles at this event solidified his reputation as Europe's top junior player, highlighting his technical skill and mental fortitude.

Swedish National Championship Triumph

- Defeating seasoned player Kristian Karlsson in the final signified his emergence as a leading figure in Swedish table tennis, bridging his transition from junior to senior levels.

2018

Youth Olympic Games Performance

Quarter-final finish in singles and strong mixed doubles performance highlighted his potential at global multi-sport level.

2016

European Youth Top-10 Victory

Winning this prestigious event at a young age underscored his status as a rising star in European table tennis, setting the stage for subsequent successes.

CAREER

Born and raised in Hovmantorp, Sweden, Möregårdh exhibited exceptional talent in table tennis from a young age. His family's relocation to Eslöv was a strategic move to support his burgeoning career, providing him with access to elite training environments. This familial support has been a cornerstone of his development, with his brother, Malte Möregårdh, playing a pivotal role as his coach.

Truls Möregårdh's journey from a prodigious talent to an established global star is marked by dedication and strategic growth. After early junior success, he reached the top level with a World Championship silver medal in 2021 and Olympic silver medals in 2024. In 2025, he consolidated his place among the world's elite through a World Championship bronze, historic Grand Smash success, multiple WTT titles, and key contributions to club success with 1. FC Saarbrücken TT.

LEGACY AND FUTURE GOALS

By the end of 2025 Möregårdh is widely seen as the leading Swedish male player of his generation – the figurehead who helped revitalise interest in Swedish table tennis after Olympic success and historic WTT wins. His Grand-Smash victory in 2025 is frequently highlighted as a milestone for European players. His future goals include winning a World Championship gold medal, challenging for the top position in the world rankings, achieving further Olympic success, and continuing to inspire young players in Sweden and beyond.

SOCIAL MEDIA

- Instagram: @moregardhtruls
- X: @MoregardhTruls