

17 December 2025

Procurement of automatic Frequency Restoration Reserve (aFRR) in Q1/2026

The aFRR procurement volume for both downwards and upwards balancing will be reduced in Q1/2026 in all hours except the hours around the day shift.

The frequency quality has improved significantly this year. Many changes have been implemented such as automated Nordic mFRR Energy Activation Market (EAM), introduction of 15 minute MTU in intraday and day-ahead markets which all are considered to have contributed positively to the recent development of the frequency quality.

New reserve technologies (batteries) with fast activation time are also considered to have contributed positively to the frequency quality.

The main basis for the procurement is the TSO goal for frequency quality level.

Nordic aFRR volumes per hour

From 1st of January, the total volume for upwards balancing will vary between 200 - 250 MW and for downwards balancing between 250 - 325 MW.

aFRR will be procured for all hours and all days of the week as detailed below. Hours in Central European Time (CET).

From - to	Hour	Up	Down
00-01	1	250	300
01-02	2	200	250
02-03	3	200	250
03-04	4	200	250
04-05	5	200	250
05-06	6	200	250
06-07	7	225	325
07-08	8	225	325
08-09	9	225	325
09-10	10	225	325
10-11	11	225	325
11-12	12	225	325
12-13	13	225	325
13-14	14	225	325
14-15	15	225	325
15-16	16	225	325
16-17	17	225	325
17-18	18	225	325
18-19	19	225	325
19-20	20	200	250
20-21	21	200	250
21-22	22	200	250
22-23	23	200	250
23-24	24	250	300

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The TSOs evaluate and reassess the procurement scheme continuously mainly based on the frequency quality.

The TSOs will also update the sharing key from 1st of January. The total Nordic aFRR volume will be shared between the TSOs as detailed below.

TSO	aFRR upwards (%)	aFRR downwards (%)
Energinet (DK2)	10	11
Fingrid	20	20
Statnett	31	31
Svenska kraftnät	39	38

Contact

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