

22 September 2025

## Procurement of automatic Frequency Restoration Reserve (aFRR) in Q4/2025

The aFRR procurement volume for downwards balancing will be reduced in Q4/2025 during evening and night hours. The current upwards volume will be unchanged in Q4/2025.

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

### Nordic aFRR volumes per hour

From 1<sup>st</sup> of October, the total volume for upwards balancing will vary between 250 - 275 MW and for downwards balancing between 300 - 375 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	250	300
02-03	3	250	300
03-04	4	250	300
04-05	5	250	300
05-06	6	250	300
06-07	7	275	375
07-08	8	275	375
08-09	9	275	375
09-10	10	275	375
10-11	11	275	375
11-12	12	275	375
12-13	13	275	375
13-14	14	275	375
14-15	15	275	375
15-16	16	275	375
16-17	17	275	375
17-18	18	275	375
18-19	19	275	375
19-20	20	250	300
20-21	21	250	300
21-22	22	250	300
22-23	23	250	300
23-24	24	250	300

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



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## Contact

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