

25 March 2026

## Procurement of automatic Frequency Restoration Reserve (aFRR) in Q2/2026

The aFRR procurement schedule for both downwards and upwards balancing will remain unchanged in Q2/2026 in all hours.

The main basis for the procurement is the TSO goal for frequency quality level. The frequency quality has continued to be within the goal in the beginning of 2026.

The TSOs evaluate and reassess the procurement scheme continuously.

### Nordic aFRR volumes per hour

From 1<sup>st</sup> of April, 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  |

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                 |



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## Contact

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