

18 June 2026

Procurement of automatic Frequency Restoration Reserve (aFRR) in Q3/2026

The aFRR procurement schedule for upwards balancing will be reduced in Q3/2026 in the hours 7-19 from 225 MW to 200 MW. The volume for downwards balancing will remain unchanged.

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 1st of July, 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	200	325
07-08	8	200	325
08-09	9	200	325
09-10	10	200	325
10-11	11	200	325
11-12	12	200	325
12-13	13	200	325
13-14	14	200	325
14-15	15	200	325
15-16	16	200	325
16-17	17	200	325
17-18	18	200	325
18-19	19	200	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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