

23 June 2025

Procurement of automatic Frequency Restoration Reserve (aFRR) in Q3/2025

The aFRR procurement schedule for upwards balancing will change in Q3/2025. The current downwards volume will continue.

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

Nordic aFRR volumes per hour

From 1st of July, the total volume for upwards balancing will vary between 250 - 275 MW and for downwards balancing between 350 - 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	350
01-02	2	250	350
02-03	3	250	350
03-04	4	250	350
04-05	5	250	350
05-06	6	250	350
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	350
20-21	21	250	350
21-22	22	250	350
22-23	23	250	350
23-24	24	250	350

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



23 June 2025

Contact

For further information, please contact:

Caroline Potter, Energinet, +45 22 38 47 84

Anders Lundberg, Fingrid, +358 30 395 4171

Gunnar Nilssen, Statnett, +47 23 90 32 38

Rickard Nordlöf, Svenska kraftnät, +46 10 350 91 35