

Detailed schedule for procurement of automatic Frequency Restoration Reserve (aFRR) in Q4 2026

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	275
07-08	8	200	275
08-09	9	200	275
09-10	10	200	275
10-11	11	200	275
11-12	12	200	275
12-13	13	200	275
13-14	14	200	275
14-15	15	200	275
15-16	16	200	275
16-17	17	200	275
17-18	18	200	275
18-19	19	200	275
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