

Detailed schedule for procurement of automatic Frequency Restoration Reserve (aFRR) in Q4 2025

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