

Detailed schedule for procurement of automatic Frequency Restoration Reserve (aFRR) in Q1 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	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