

## Detailed schedule for procurement of automatic Frequency Restoration Reserve (aFRR) in Q3/2021 (weeks 27-39)

aFRR – Nordic Procurement Volumes (MW) per hour – Q3/2021																
			Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
From	To	Hour	Up	Down	Up	Down	Up	Down	Up	Down	Up	Down	Up	Down	Up	Down
00:00	01:00	1	300	300	300	300	300	300	300	300	300	300	300	300	300	300
01:00	02:00	2														
02:00	03:00	3														
03:00	04:00	4														
04:00	05:00	5														
05:00	06:00	6	400	400	400	400	400	400	400	400	400	400				
06:00	07:00	7	400	400	400	400	400	400	400	400	400	400				
07:00	08:00	8	400	400	400	400	400	400	400	400	400	400	300	300	300	300
08:00	09:00	9	400	400	400	400	400	400	400	400	400	400	300	300	300	300
09:00	10:00	10	300	300	300	300	300	300	300	300	300	300	300	300	300	300
10:00	11:00	11	300	300	300	300	300	300	300	300	300	300				
11:00	12:00	12														
12:00	13:00	13														
13:00	14:00	14	300	300	300	300	300	300	300	300	300	300				
14:00	15:00	15	300	300	300	300	300	300	300	300	300	300				
15:00	16:00	16	300	300	300	300	300	300	300	300	300	300				
16:00	17:00	17	300	300	300	300	300	300	300	300	300	300	300	300	300	300
17:00	18:00	18	300	300	300	300	300	300	300	300	300	300	300	300	300	300
18:00	19:00	19	300	300	300	300	300	300	300	300	300	300	300	300	300	300
19:00	20:00	20	300	300	300	300	300	300	300	300	300	300	300	300	300	300
20:00	21:00	21	300	300	300	300	300	300	300	300	300	300	300	300	300	300
21:00	22:00	22	300	300	300	300	300	300	300	300	300	300	300	300	300	300
22:00	23:00	23	300	300	300	300	300	300	300	300	300	300	300	300	300	300
23:00	00:00	24	300	300	300	300	300	300	300	300	300	300	300	300	300	300
Hours/day			18	18	18	18	18	18	18	18	18	18	12	12	12	12