

QRG P4

P4 STOCKHOLM	MHz	WATT	P4 KRONOBERG	MHz	WATT	P4 ÖREBRO	MHz	WATT
Norrhälje Södra Bergen	102.1	100	Markaryd Hualtet	99.5	3000	Törntorp/Breberg	89.8	3000
Nynäshamn/Vattentornet	102.9	100	Vislanda Nydala	101.0	20000	Örebro Lockhyttan	102.8	60000
Stockholm Nacka	103.3	60000						
Stockholm/Klaratunneln	103.3	2	P4 KALMAR	MHz	WATT	P4 VÄSTMANLAND	MHz	WATT
Stockholm/Söderledstunneln	103.3	2	Böda/Fagerum	105.0	250	Västerås Lillhärad	100.5	60000
Väddö Elmsta	94.7	3000	Emmaboda Bälshult	95.6	60000			
			Emmaboda Bälshult Kronoberg	101.8	60000	P4 DALARNA	MHz	WATT
P4 VÄSTERBOTTEN	MHz	WATT	Färjestaden/Algutsrum	107.8	1000	Avesta Krylbo	98.8	250
Ammarnäs Ribovardo	101.0	30	Lönneberga	91.2	100	Borlänge Idkerberget	101.3	60000
Hemavan	101.7	30	Mönsterås/Åserum	106.8	300	Drevdagen	103.4	30
Joeström	103.7	20	Oskarshamn	94.4	250	Falun/Lövberget	100.2	100
Kultsjön	100.2	30	Virserum	93.6	500	Grövelsjön	102.7	30
Lycksele Knaften	103.3	60000	Västervik Färhult	102.7	60000	Gördalen	100.5	30
Malå	101.4	25				Idre	100.1	30
Skellefteå	103.9	60000	P4 GOTLAND	MHz	WATT	Malung	95.9	500
Sorsele NaLovardo	103.7	200	Visby Follingbo	100.2	60000	Mora Eldris	101.0	60000
Storuman	102.5	60000				Rörbäcksnäs	103.3	30
Tärnaby Ryfjället	100.3	120	P4 BLEKINGE	MHz	WATT	Särna Mickeltempet	101.9	100
Tärnamo	101.3	20	Kallinge/Kalleberga	87.8	500	Tandådalen	106.0	100
Umfors	103.1	30	Karlshamn	100.4	15000	Transtrand Bolheden	100.2	300
Vännäs Granlundsberget	103.6	60000	Karlskrona Vänö	100.7	10000			
Täsjö	88.2	60000				P4 GÄVLEBORG	MHz	WATT
			P4 KRISTIANSTAD	MHz	WATT	Bollnäs	103.8	60000
P4 NORRBOTTEN	MHz	WATT	Baskebölla	102.7	300	Gävle Skogmur	102.0	60000
Arjeplog Galtispouda	103.0	300	Hörby/Sallerup	101.4	60000	Hofors	103.0	15
Arvidsjaur Julträsk	100.6	60000	Ängelholm Vegeholm	103.6	1000	Hudiksvall Forsa	100.7	60000
Björkliden/Tornehamn	103.3	30	Halmstad Oskarström	102.6	3000	Kårböle	93.6	100
Gällivare	100.9	60000				Ramsjö	97.2	100
Jokkmokk Tjalmejaure	103.5	300	P4 HELSINGBORG (SKÅNE)	MHz	WATT	Söderhamn	102.4	250
Jäkkvik Fräkenmyren	100.2	30	Helsingborg Olympia	103.2	6000	Tandsjöborg	89.6	500
Kalix	102.2	60000						
Karesuando	101.5	300	P4 MALMÖHUS (SKÅNE)	MHz	WATT	P4 VÄSTERNORRLAND	MHz	WATT
Kiruna Kirunavaara	102.7	60000	Hörby/Sallerup	89.5	5000	Härnösand Härnön	100.5	1500
Kvikkjokk/Tavvevare	102.6	30	Malmö Jägersro	102.0	6000	Junsele/Oselberget	102.6	30
Kvikkjokk/Ärrevare	103.6	30	Trelleborg/Gylle	103.7	300	Kramfors/Lugnvik	102.4	1200
Laisvall	102.3	30	Ystad/Metallgatan	103.0	300	Liden	100.9	200
Luleå/Mjölkuddsberget	96.9	300				Matfors	100.0	25
Pajala	100.2	60000	P4 HALLAND	MHz	WATT	Mjällom	103.4	320
Porjus	100.1	15	Halmstad Oskarström	97.3	3000	Ramsele Skavåsen	102.9	100
Ritsem	101.9	30	Kungsbacka Varla	101.3	1000	Sollefteå/Multrä	101.2	60000
Seitavaare	103.3	30	Varberg Grimeton	103.8	10000	Sellefteå/Hallsta	103.9	100
Stordalen	102.4	30				Sundsvall S Stadsberget	102.8	60000
Svanstein	101.4	50	P4 SJUHÄRAD	MHz	WATT	Ånge Snöberg	103.1	60000
Säddaluspén	103.5	300	Borås Dalsjöfors	102.9	17000	Örnsköldsvik Ås	100.1	60000
Torneträsk	103.7	30						
Vassijaure	101.8	30	P4 VÄST	MHz	WATT	P4 JÄMTLAND	MHz	WATT
Vietas	103.6	75	Bäckefors	102.2	60000	Ånge Snöberg	94.5	60000
Vittangi Naimakka	100.4	500	Grebbeastad	101.1	300	Duved	101.3	300
Vuollerim	100.4	30	Hamburgsund	101.7	300	Enafors	102.7	30
Älvsbyn	102.9	60000	Kungshamn	100.9	300	Funäsdalen Funäsdalsberget	103.3	200
Överkalix	103.2	15000	Strömstad	97.6	300	Gäddede	103.2	30
Övertorneå Särkivaara	101.9	30	Svinesund	100.8	300	Hede	103.5	150
			Trollhättan	103.7	3000	Hotagen	103.4	100
			Uddevalle Herrestad	103.3	8000	Höglunda	102.6	150
P4 UPPLAND (UPPSALA LÄN)	MHz	WATT				Jormvattnet	101.6	30
Enköping Härkeberga	95.2	5000	P4 SKARABORG	MHz	WATT	Kallrör	102.1	30
Morgongåva/Stormossen	105.0	100	Skövde	100.3	60000	Kälärne	99.9	40
Tärnsjö/Masteråsen	104.2	150				Ljungdalen	103.6	30
Uppsala/Vedyxa	102.5	20000	P4 GÖTEBORG	MHz	WATT	Långå	101.4	50
Östhammar Valö	101.6	60000	Göteborg/Brudaremsen	101.9	60000	Medstugan	101.8	30
			Svanesund (Orust)	93.8	300	Ragunda	101.6	300
P4 SÖRMLAND (SÖDERMANLAND)	MHz	WATT				Storlien	100.6	30
Eskilstuna	100.1	6000	P4 VÄRMLAND	MHz	WATT	Strömsund/Grelsgård	102.3	100
Gnesta	98.3	300	Filipstad Klockarhöjden	103.2	2500	Sveg Brickan	102.2	60000
Strängnäs Stadsskogen	96.9	4000	Hagfors	105.0	200	Sörbygden	103.5	100
Trosa	88.7	60	Höljes	102.6	30	Täsjö	100.8	60000
			Karlstad Sörmon	103.5	15000	Tännadalen	100.6	30
P4 ÖSTERGÖTLAND	MHz	WATT	Koppom	100.2	100	Tännäs Västra Kröket	101.9	16
Kisa	103.6	30000	Kristinehamn Utsiktsberget	102.4	300	Undersåker	102.5	100
Linköping Vattentornet	99.8	500	Lesjöfors	92.0	30	Vemdalskalet	92.0	60
Motala Ervasteby	101.2	20000	Sulvik	99.4	300	Vålådalen	101.9	30
Norrköping/Krokek	94.8	60000	Sunne Blåbärskullen	101.8	60000	Östersund Brattåsen	100.4	60000
Valdemarsvik	103.9	300	Sysslébäck	103.6	300			
			Säffle/Treabackarna	96.2	100	PIRATE ROCK	MHz	WATT
P4 JÖNKÖPING	MHz	WATT	Torsby Bada	102.6	500	Kungälv, Fontinberget	95.4	?
Finnveden	103.4	30000	Töckfors	100.6	100	Mölnadal	90.7	?
Habo	96.6	200	Årjäng	95.8	100			
Jönköping Bondberget	100.8	5000						
Nässjö	102.1	60000						
Tranås/Bredkärr	95.9	300						
Värnamo/Lunnagården	89.1	50						

Sammanställd 2019-05-09

<https://www.teracom.se/privat/radio/frekvenstabeller-radio/>

CB 11m: EU/A

01	26.965	13	27.115	26	27.265
02	26.975	14	27.125	27	27.275
03	26.985	15	27.135	28	27.285
03A	26.995	15A	27.145	29	27.295
04	27.005	16	27.155	30	27.305
05	27.015	17	27.165	31	27.315
06	27.025	18	27.175	32	27.325
07	27.035	19	27.185	33	27.335
07A	27.045	19A	27.195	34	27.345
08	27.055	20	27.205	35	27.355
09	27.065	21	27.215	36	27.365
10	27.075	22	27.225	37	27.375
11	27.085	23	27.255	38	27.385
11A	27.095	24	27.235	39	27.395
12	27.105	25	27.245	40	27.405

CB 10m: CRT HE / PRESIDENT H

01	28.765	15	28.935	29	29.095
02	28.775	16	28.955	30	29.105
03	28.785	17	28.965	31	29.115
04	28.805	18	28.975	32	29.125
05	28.815	19	28.985	33	29.135
06	28.825	20	29.005	34	29.145
07	28.835	21	29.015	35	29.155
08	28.855	22	29.025	36	29.165
09	28.865	23	29.055	37	29.175
10	28.875	24	29.035	38	29.185
11	28.885	25	29.045	39	29.195
12	28.905	26	29.065	40	29.205
13	28.915	27	29.075		
14	28.925	28	29.085		
29.100	>	29.200	=	FM SIMPLEX	
29.200	>	29.300	=	ALL/AUTO/DIGI	

CB 10m: CRT IE / PRESIDENT I

01	29.215	15	29.385	29	29.545
02	29.225	16	29.405	30	29.555
03	29.235	17	29.415	31	29.565
04	29.255	18	29.425	32	29.575
05	29.265	19	29.435	33	29.585
06	29.275	20	29.455	34	29.595
07	29.285	21	29.465	35	29.605
08	29.305	22	29.475	36	29.615
09	29.315	23	29.505	37	29.625
10	29.325	24	29.485	38	29.635
11	29.335	25	29.495	39	29.645
12	29.355	26	29.515	40	29.655
13	29.365	27	29.525		
14	29.375	28	29.535		
29.200	>	29.300	=	ALL/AUTO/DIGI	
29.600	=	FM CQ SIMPLEX			
29.610	=	FM SIMPLEX REPEATER			

SRBR / KDR 444 / PMR446

kdr1	444.600 MHz	pmr1	446.00625 MHz
kdr2	444.650 MHz	pmr2	446.01875 MHz
kdr3	444.800 MHz	pmr3	446.03125 MHz
kdr4	444.825 MHz	pmr4	446.04375 MHz
kdr5	444.850 MHz	pmr5	446.05625 MHz
kdr6	444.875 MHz	pmr6	446.06875 MHz
kdr7	444.925 MHz	pmr7	446.08125 MHz
kdr8	444.975 MHz	pmr8	446.09375 MHz

AMATÖRRADIO VHF FM

	SIMPLEX	
V16	145.2000	Bemannade rymdfarkoster
V17	145.2125	Internet Gateway
V18	145.2250	Nödsamband
V19	145.2375	Internet Gateway
V20	145.2500	QRSS CW
V21	145.2625	
V22	145.2750	
V23	145.2875	Internet Gateway
V24	145.3000	RTTY
V25	145.3125	
V26	145.3250	
V27	145.3375	Internet Gateway
V28	145.3500	
V29	145.3625	
V30	145.3750	DV anrop
V31	145.3875	
V32	145.4000	
V33	145.4125	
V34	145.4250	
V35	145.4375	
V36	145.4500	
V37	145.4625	
V38	145.4750	
V39	145.4875	
V40	145.5000	FM anrop
V41	145.5125	
V42	145.5250	GB2RS News (UK)
V43	145.5375	
V44	145.5500	
V45	145.5625	

RX/TX (-600khz)

RV46	145.5750/144.9750
RV47	145.5875/144.9875
RV48	145.6000/144.0000
RV49	145.6125/144.0125
RV50	145.6250/144.0250
RV51	145.6375/145.0375
RV52	145.6500/145.0500
RV53	145.6625/145.0625
RV54	145.6750/145.0750
RV55	145.6875/145.0875
RV56	145.7000/145.1000
RV57	145.7125/145.1125
RV58	145.7250/145.1250
RV59	145.7375/145.1375
RV60	145.7500/145.1500
RV61	145.7625/145.1625
RV62	145.7750/145.1750
RV63	145.7875/145.1875
RYMD	145.8000/145.2000

VHF JAKT OCH JORDBRUK

jakt1	155.425 MHz
jakt2	155.475 MHz
jakt3 L1	155.500 MHz
jakt4 L2	155.525 MHz
allmän 5	156.000 MHz
jakt6	155.400 MHz
jakt7	155.450 MHz

HF

RAF VOLMET (Cornwall UK)	5450 kHz
RAF VOLMET	11253 kHz
Shannon Volmet (Ireland)	5505 kHz
BBC	7485 kHz
BBC	15400 kHz
RUS Military Marker D	5153.7 kHz
RUS Squeaky Wheel	3828 kHz
Pinneberg Met Fax (DE)	3855 kHz
English Man E07 (Moscow)	10717 kHz
UVB-76 The Buzzer	4625 kHz

AMATÖRRADIO - KORTVÅG

RS - READABILITY

5	Perfectly readable	160m	1840-2000
4	Readable with practically no difficulty	10W	1850-1900 1950-2000
3	Readable with considerable difficulty	80m	TEST 3600-3650
2	Barely readable	80m	DX CF 3775-3800
1	Unreadable	80m	QUF 3760
STRENGTH		60m	15W 5354-5366 USB
9	Extremely strong signal	40m	TEST 7050-7100
7	Moderately good signal	40m	7100-7130
5	Fairly good signal	40m	TEST 7130-7175
3	Weak signal	40m	DX 7175-7200
1	Faint signal, barely perceptible	40m	QUF 7110
QRX	I will call agn at h on kc	20m	CF 14101-14125
QRQ	Send faster	20m	TEST 14125-14300
QRS	Send slower	20m	CF 14300-14350
QRL	I am busy / Busy?	17m	QUF 14300
QRV	I am ready / Ready?	15m	WARC 18111-18168
QSM	Repeat last telegram	15m	QUF 21151-21450
QRU	I have no traffic/more 4 u	12m	WARC 21360
QRN	Being troubled by static	10m	WARC 24931-24990
QRM	Being interfered with	10m	FM SX 28320-29100
QUF	Received distress call	10m	FM SX 29600
QTU	Stn open between hours...	10m	FM SX rprr 29610
QTR	Correct time	CF	= Contest Free
		QUF	= IARU Region 1
			Emergency QRG

BND QRG kHz

160	1810-1838
160	1838-1840
160	1840-2000
160	1850-1900
160	1950-2000
80m	3500-3570
80m	3570-3580
80m	3580-3590
80m	3600-3775
80m	3775-3800
80m	3760
60m	5351.5-5354.0
60m	5354.0-5366.0
60m	5366.0-5366.5
40m	7000-7040
40m	7040-7050
40m	7050-7175
40m	7175-7200
40m	7110
30m	10100-10130
30m	10130-10150
30m	10142
20m	14000-14070
20m	14070
20m	14070-14099
20m	14099-14101
20m	14101-14112
20m	14112-14350
20m	14300
17m	18068-18095
17m	18095-18109

MODE

CW	
DIG PSK1838	
SSB	
MAX 10W PEP	
MAX 10W PEP	
CW CF=00-10	
DIGI	
PSK	
SSB	
SSB DX CF	
SSB QUF	
CW/DIGI 15W	
SSB USB 15W	
SMALBND 15W	
CW	
DIGI	
SSB	
SSB DX	
SSB QUF	
CW 150W CF	
DIG 150W CF	
PSK CF	
CW	
PSK	
DIGI	
IBP	
DIGI CF	
SSB	
SSB QUF CF	
CW CF	
DIGI CF	

BND QRG kHz

17m	18100
17m	18109-18111
17m	18111-18168
17m	18160
15m	21000-21070
15m	21070-21149
15m	21080
15m	21149-21151
15m	21151-21450
15m	21360
12m	24890-24915
12m	24915-24929
12m	24920
12m	24929-24931
12m	24931-24990
10m	28000-28070
10m	28070-28190
10m	28120
10m	28300-28320
10m	28320-29100
10m	29100-29200
10m	29200-29300
10m	29520-29590
10m	29600
10m	29610
10m	29620-29700
6m	50000-50100
6m	50100-50300
6m	50300-50400
6m	50305
6m	50500-52000

MODE

PSK CF	
IBP	
SSB CF	
SSB QUF	
CW	
DIGI	
PSK	
IBP	
SSB	
SSB QUF	
CW CF	
DIGI CF	
PSK CF	
IBP	
SSB CF	
CW	
DIGI	
PSK	
DIGI/MGM	
SSB	
FM SX	
DIGI	
FM rprr in	
FM SX anrop	
FM SX rprr	
FM rprr ut	
CW	
SSB	
DIGI	
PSK	
FM etc	