

Pooja SF Express/12414 - SF - NR
UMB/Ambala Cantt. Junction to DEC/Delhi Cantt.

3h 53m - 212 km - 2 halts - Departs Daily

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----------|------------|-------------------------------|--------------|-----|--------------|-----|------|-----|-----|------|-----|-----|------|
| 1 | JAT | Jammu Tawi | | | 18:15 | | | 1 | 1 | 0 | 76 | 344 | NR |
| 2 | KTHU | Kathua | 19:15 | | 19:17 | | 2m | 2 | 1 | 76 | 37 | 393 | NR |
| 3 | PTKC | Pathankot Cantt | 19:55 | | 20:00 | | 5m | 1 | 1 | 99 | 59 | 326 | NR |
| 4 | JRC | Jalandhar Cantt. Junction | 21:55 | | 22:00 | | 5m | 2 | 1 | 212 | 70 | 236 | NR |
| 5 | LDH | Ludhiana Junction | 22:45 | | 22:55 | | 10m | 1 | 1 | 264 | 65 | 257 | NR |
| 6 | UMB | Ambala Cantt. Junction | 00:40 | | 00:50 | | 10m | 2 | 2 | 378 | 92 | 273 | NR |
| 7 | KUN | Karnal | 01:39 | | 01:41 | | 2m | 1 | 2 | 453 | 57 | 251 | NR |
| 8 | DLI | Old Delhi Junction | 03:50 | | 04:15 | | 25m | 3 | 2 | 576 | 30 | 219 | NR |
| 9 | DEC | Delhi Cantt. | 04:43 | | 04:45 | | 2m | 1 | 2 | 590 | 64 | 217 | NR |
| 10 | GGN | Gurgaon | 05:01 | | 05:03 | | 2m | 1 | 2 | 607 | 66 | 214 | NR |
| 11 | GHH | Garhi Harsaru Junction | 05:12 | | 05:14 | | 2m | 2 | 2 | 617 | 55 | | NR |
| 12 | RE | Rewari Junction | 05:59 | | 06:01 | | 2m | 1 | 2 | 658 | 78 | 242 | NWR |
| 13 | KRH | Khairthal | 06:38 | | 06:40 | | 2m | 2 | 2 | 706 | 73 | 302 | NWR |
| 14 | AWR | Alwar Junction | 07:02 | | 07:05 | | 3m | 2 | 2 | 733 | 80 | 272 | NWR |
| 15 | RHG | Rajgarh | 07:32 | | 07:34 | | 2m | 1 | 2 | 769 | 62 | 298 | NWR |
| 16 | BKI | Bandikui Junction | 07:58 | | 08:00 | | 2m | 2 | 2 | 794 | 91 | 222 | NWR |
| 17 | DO | Dausa Junction | 08:19 | | 08:21 | | 2m | 1 | 2 | 822 | 86 | 334 | NWR |
| 18 | GADJ | Gandhi Nagar Jaipur | 09:00 | | 09:03 | | 3m | 2 | 2 | 878 | 12 | 423 | NWR |
| 19 | JP | Jaipur Junction | 09:30 | | 09:40 | | 10m | 3 | 2 | 884 | 66 | 428 | NWR |
| 20 | FL | Phulera Junction | 10:30 | | 10:32 | | 2m | 4 | 2 | 938 | 76 | 386 | NWR |
| 21 | KSG | Kishangarh | 11:15 | | 11:17 | | 2m | 2 | 2 | 993 | 29 | 462 | NWR |
| 22 | AII | Ajmer Junction | 12:10 | | | | | 4,5 | 2 | 1018 | - | 482 | NWR |