

Lal Kuan - Howrah Weekly SF Express/12354 - SF - ER

SSM/Sasaram Junction to HWH/Howrah Junction

8h 55m - 562 km - 6 halts - Departs Sun

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|---|--------------|-----|--------------|-----|------|-------|-----|------|-----|-----|------|
| 1 | LKU | Lal Kuan Junction | | | 19:25 | | | 5 | 1 | 0 | 53 | 257 | NER |
| 2 | KHH | Kichha | 19:45 | | 19:47 | | 2m | 1 | 1 | 18 | 67 | 202 | NER |
| 3 | IZN | Izzatnagar | 20:40 | | 20:42 | | 2m | 0 | 1 | 77 | 11 | 173 | NER |
| 4 | BC | Bareilly City | 21:07 | | 21:12 | | 5m | 0 | 1 | 82 | 10 | 168 | NER |
| 5 | BE | Bareilly Junction | 21:27 | | 21:32 | | 5m | 1 | 1 | 84 | 65 | | NR |
| 6 | LKO | Lucknow Charbagh NR | 01:10 | | 01:20 | | 10m | 1,5 | 2 | 319 | 56 | 124 | NR |
| 7 | RBL | Rae Bareli Junction | 02:43 | | 02:45 | | 2m | 3 | 2 | 397 | 64 | 112 | NR |
| 8 | AME | Amethi | 03:41 | | 03:43 | | 2m | 0 | 2 | 457 | 57 | 100 | NR |
| 9 | MBDP | MBDD Pratapgarh Junction | 04:20 | | 04:25 | | 5m | 2 | 2 | 492 | 48 | 97 | NR |
| 10 | BSB | Varanasi Junction | 07:05 | | 07:15 | | 10m | 4 | 2 | 620 | 18 | 77 | NR |
| 11 | DDU | Pt. DD Upadhyaya Junction (Mughalsarai) | 08:15 | | 08:25 | | 10m | | 2 | 637 | 97 | 79 | ECR |
| 12 | SSM | Sasaram Junction | 09:28 | | 09:30 | | 2m | | 2 | 739 | 89 | 108 | ECR |
| 13 | DOS | Dehri On Sone | 09:42 | | 09:44 | | 2m | 4 | 2 | 757 | 72 | 108 | ECR |
| 14 | GAYA | Gaya Junction | 10:55 | | 11:00 | | 5m | 2 | 2 | 842 | 71 | 109 | ECR |
| 15 | DHN | Dhanbad Junction | 13:50 | | 13:55 | | 5m | 1 | 2 | 1043 | 44 | 232 | ECR |
| 16 | ASN | Asansol Junction | 15:15 | | 15:20 | | 5m | 5 | 2 | 1101 | 90 | 106 | ER |
| 17 | DGR | Durgapur | 15:48 | | 15:50 | | 2m | 4 | 2 | 1143 | 64 | 73 | ER |
| 18 | BWN | Bardhaman Junction | 16:50 | | 16:52 | | 2m | 5 | 2 | 1207 | 61 | 36 | ER |
| 19 | HWH | Howrah Junction | 18:25 | | | | | 12,17 | 2 | 1301 | - | 12 | ER |