

**Pooja SF Express/12414 - SF - NR**  
**JAT/Jammu Tawi to UMB/Ambala Cantt. Junction**  
**6h 25m - 378 km - 4 halts - Departs Daily**

#	Code	Station Name	Arrives	Avg	Depart s	Avg	Halt	PF	Day	Km	Spd	Elv	Zone
<b>1</b>	<b>JAT</b>	<b>Jammu Tawi</b>			<b>18:15</b>			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	3	1	212	70	236	NR
5	LDH	Ludhiana Junction	22:45		22:55		10m	1	1	264	65	257	NR
<b>6</b>	<b>UMB</b>	<b>Ambala Cantt. Junction</b>	<b>00:40</b>		<b>00:50</b>		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	308	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