

Poorna Express/11098 - Exp - CR

TCR/Thrissur (Trichur) to MAJN/Mangaluru Junction (Mangalore)

5h 43m - 342 km - 8 halts - Departs Mon

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----|------|--------------------------------|---------|-----|-------------|-----|------|----|-----|------|-----|-----|------|
| 1 | ERS | Ernakulam Junction (South) | | | 18:50 | | | 3 | 1 | 0 | 49 | 1 | SR |
| 2 | AWY | Aluva (Alwaye) | 19:14 | | 19:16 | | 2m | 3 | 1 | 19 | 68 | 14 | SR |
| 3 | TCR | Thrissur (Trichur) | 20:04 | | 20:07 | | 3m | 2 | 1 | 74 | 40 | 3 | SR |
| 4 | SRR | Shoranur Junction | 20:57 | | 21:00 | | 3m | 4 | 1 | 107 | 69 | 29 | SR |
| 5 | TIR | Tirur | 21:39 | | 21:40 | | 1m | 1 | 1 | 152 | 67 | 9 | SR |
| 6 | CLT | Kozhikode Main (Calicut) | 22:17 | | 22:20 | | 3m | 3 | 1 | 193 | 85 | 4 | SR |
| 7 | TLY | Thalassery | 23:08 | | 23:10 | | 2m | 1 | 1 | 262 | 46 | 9 | SR |
| 8 | CAN | Kannur (Cannanore) | 23:37 | | 23:40 | | 3m | 1 | 1 | 282 | 70 | 12 | SR |
| 9 | PAY | Payyanur | 00:09 | | 00:10 | | 1m | 1 | 2 | 316 | 73 | 9 | SR |
| 10 | KZE | Kanhangad | 00:34 | | 00:35 | | 1m | 2 | 2 | 345 | 73 | 12 | SR |
| 11 | KGQ | Kasaragod | 00:54 | | 00:55 | | 1m | 2 | 2 | 368 | 51 | 9 | SR |
| 12 | MAJN | Mangaluru Junction (Mangalore) | 01:50 | | 01:55 | | 5m | 1 | 2 | 416 | 44 | 8 | SR |
| 13 | UD | Udupi | 03:20 | | 03:22 | | 2m | 1 | 2 | 478 | 48 | 16 | KR |
| 14 | KUDA | Kundapura | 04:02 | | 04:04 | | 2m | 1 | 2 | 510 | 56 | 8 | KR |
| 15 | BYNR | Byndoor Mookambika Road | 04:40 | | 04:42 | | 2m | | 2 | 544 | 65 | 10 | KR |
| 16 | BTJL | Bhatkal | 04:56 | | 04:58 | | 2m | 1 | 2 | 559 | 44 | 21 | KR |
| 17 | MRDW | Murdeshwar | 05:18 | | 05:20 | | 2m | 1 | 2 | 573 | 52 | 25 | KR |
| 18 | HNA | Honnavar | 05:50 | | 05:52 | | 2m | 1 | 2 | 600 | 46 | 5 | KR |
| 19 | KT | Kumta | 06:10 | | 06:12 | | 2m | 1 | 2 | 613 | 63 | 20 | KR |
| 20 | GOK | Gokarna Road | 06:30 | | 06:32 | | 2m | 1 | 2 | 632 | 40 | 14 | KR |
| 21 | KAWR | Karwar | 07:26 | | 07:28 | | 2m | 1 | 2 | 669 | 30 | 11 | KR |
| 22 | MAO | Madgaon Junction | 09:30 | | 09:55 | | 25m | 2 | 2 | 729 | 41 | 9 | KR |
| 23 | SVM | Sanvordem (Kudchade) | 10:17 | | 10:18 | | 1m | 1 | 2 | 744 | 41 | 7 | SWR |
| 24 | QLM | Kulem | 10:45 | | 10:50 | | 5m | 2 | 2 | 762 | 21 | 73 | SWR |
| 25 | CLR | Castle Rock | 12:05 | | 12:10 | | 5m | 1 | 2 | 788 | 29 | | SWR |
| 26 | LD | Londa Junction | 13:00 | | 13:10 | | 10m | 3 | 2 | 813 | 56 | 635 | SWR |
| 27 | BGM | Belagavi (Belgaum) | 14:05 | | 14:10 | | 5m | 2 | 2 | 864 | 53 | 747 | SWR |
| 28 | GPB | Ghataprabha | 15:15 | | 15:17 | | 2m | 1 | 2 | 922 | 36 | 626 | SWR |
| 29 | MRJ | Miraj Junction | 17:30 | | 17:35 | | 5m | 1 | 2 | 1002 | 36 | 549 | CR |
| 30 | SLI | Sangli | 17:47 | | 17:50 | | 3m | 1 | 2 | 1009 | 66 | 558 | CR |
| 31 | KRD | Karad | 18:52 | | 18:55 | | 3m | 0 | 2 | 1077 | 49 | 596 | CR |
| 32 | STR | Satara | 20:07 | | 20:10 | | 3m | 1 | 2 | 1136 | 44 | 635 | CR |
| 33 | PUNE | Pune Junction | 23:30 | | | | | 1 | 2 | 1281 | - | 560 | CR |