

Yog Nagri Rishikesh - Prayagraj Sangam Express/14230 - Exp - NR

LRJ/Laksar Junction to LKO/Lucknow Charbagh NR

8h 27m - 466 km - 6 halts - Departs Mon,Wed,Fri

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----|------|--------------------------|---------|-----|-------------|-----|------|----|-----|-----|-----|-----|------|
| 1 | YNRK | Yog Nagari Rishikesh | | | 15:20 | | | 0 | 1 | 0 | 35 | 386 | NR |
| 2 | RWL | Raiwala Junction | 15:40 | | 15:42 | | 2m | 0 | 1 | 12 | 33 | 551 | NR |
| 3 | MOTC | Motichur | 15:54 | | 15:56 | | 2m | 0 | 1 | 18 | 20 | 315 | NR |
| 4 | HW | Haridwar | 16:10 | | 16:15 | | 5m | 4 | 1 | 23 | 38 | 314 | NR |
| 5 | LRJ | Laksar Junction | 16:58 | | 17:03 | | 5m | 1 | 1 | 50 | 76 | 257 | NR |
| 6 | NBD | Najibabad Junction | 17:36 | | 17:41 | | 5m | 1 | 1 | 91 | 62 | | NR |
| 7 | MB | Moradabad Junction | 19:17 | | 19:25 | | 8m | 1 | 1 | 190 | 61 | 193 | NR |
| 8 | RMU | Rampur Junction | 19:52 | | 19:54 | | 2m | 1 | 1 | 218 | 70 | 191 | NR |
| 9 | BE | Bareilly Junction | 20:48 | | 20:50 | | 2m | 1 | 1 | 281 | 59 | 169 | NR |
| 10 | SPN | Shahjahanpur Junction | 22:02 | | 22:04 | | 2m | 2 | 1 | 351 | 37 | 155 | NR |
| 11 | HRI | Hardoi | 23:46 | | 23:48 | | 2m | 3 | 1 | 414 | 60 | 141 | NR |
| 12 | LKO | Lucknow Charbagh NR | 01:30 | | 01:40 | | 10m | 1 | 2 | 515 | 55 | 124 | NR |
| 13 | RBL | Rae Bareli Junction | 03:05 | | 03:10 | | 5m | 3 | 2 | 593 | 78 | 112 | NR |
| 14 | GNG | GauriGanj | 03:46 | | 03:48 | | 2m | 1 | 2 | 640 | 62 | 106 | NR |
| 15 | AME | Amethi | 04:01 | | 04:03 | | 2m | 1 | 2 | 653 | 50 | 100 | NR |
| 16 | MBDP | MBDD Pratapgarh Junction | 04:45 | | 04:50 | | 5m | 1 | 2 | 688 | 28 | 97 | NR |
| 17 | PRG | Prayag Junction | 06:43 | | 06:45 | | 2m | 2 | 2 | 741 | 8 | 91 | NR |
| 18 | PYGS | Prayagraj Sangam | 07:10 | | | | | 0 | 2 | 744 | - | 95 | NR |