

Pooja SF Express (PT)/12413 - SF - NR**BKI/Bandikui Junction to DEC/Delhi Cantt.****3h 29m - 204 km - 5 halts - Departs Daily**

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|---------------------------|--------------|-----|--------------|-----|------|-----|-----|------|-----|-----|------|
| 1 | AII | Ajmer Junction | | | 14:15 | | | 4,5 | 1 | 0 | 61 | 482 | NWR |
| 2 | KSG | Kishangarh | 14:40 | | 14:42 | | 2m | 1 | 1 | 25 | 86 | 462 | NWR |
| 3 | FL | Phulera Junction | 15:20 | | 15:22 | | 2m | 3 | 1 | 80 | 86 | 386 | NWR |
| 4 | JP | Jaipur Junction | 16:00 | | 16:10 | | 10m | 1 | 1 | 135 | 29 | 428 | NWR |
| 5 | GADJ | Gandhi Nagar Jaipur | 16:21 | | 16:24 | | 3m | 1 | 1 | 140 | 86 | 423 | NWR |
| 6 | DO | Dausa Junction | 17:03 | | 17:05 | | 2m | 2 | 1 | 196 | 82 | 334 | NWR |
| 7 | BKI | Bandikui Junction | 17:26 | | 17:28 | | 2m | 1 | 1 | 225 | 74 | 222 | NWR |
| 8 | RHG | Rajgarh | 17:48 | | 17:50 | | 2m | 1 | 1 | 250 | 80 | 298 | NWR |
| 9 | AWR | Alwar Junction | 18:17 | | 18:20 | | 3m | 1 | 1 | 286 | 84 | 272 | NWR |
| 10 | KRH | Khairthal | 18:39 | | 18:41 | | 2m | 1 | 1 | 312 | 40 | 308 | NWR |
| 11 | RE | Rewari Junction | 19:52 | | 19:54 | | 2m | 6 | 1 | 360 | 67 | 242 | NWR |
| 12 | GGN | Gurgaon | 20:40 | | 20:42 | | 2m | 2 | 1 | 412 | 68 | 214 | NR |
| 13 | DEC | Delhi Cantt. | 20:57 | | 20:59 | | 2m | 2 | 1 | 429 | 18 | 217 | NR |
| 14 | DLI | Old Delhi Junction | 21:45 | | 22:10 | | 25m | 16 | 1 | 443 | 91 | 219 | NR |
| 15 | KUN | Karnal | 23:31 | | 23:33 | | 2m | 2 | 1 | 566 | 54 | 251 | NR |
| 16 | UMB | Ambala Cantt. Junction | 00:57 | | 01:02 | | 5m | 7 | 2 | 641 | 79 | 273 | NR |
| 17 | LDH | Ludhiana Junction | 02:28 | | 02:36 | | 8m | 2 | 2 | 754 | 73 | 257 | NR |
| 18 | JRC | Jalandhar Cantt. Junction | 03:19 | | 03:24 | | 5m | 1 | 2 | 807 | 70 | 236 | NR |
| 19 | PTKC | Pathankot Cantt | 05:00 | | 05:05 | | 5m | 2 | 2 | 919 | 48 | 326 | NR |
| 20 | KTHU | Kathua | 05:34 | | 05:36 | | 2m | 1 | 2 | 942 | 40 | 393 | NR |
| 21 | JAT | Jammu Tawi | 07:30 | | | | | 3 | 2 | 1018 | - | 344 | NR |