

Seemanchal Express/12488 - SF - NR
CNB/Kanpur Central to BJU/Barauni Junction
11h 25m - 663 km - 6 halts - Departs Daily

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|------------|--|--------------|-----|--------------|-----|------|-----------|-----|------|-----|-----|------|
| 1 | ANVT | Anand Vihar Terminal | | | 08:10 | | | 1 | 1 | 0 | 28 | 207 | NR |
| 2 | GZB | Ghaziabad Junction | 08:37 | | 08:39 | | 2m | 2 | 1 | 13 | 104 | 217 | NR |
| 3 | ALJN | Aligarh Junction | 09:40 | | 09:42 | | 2m | 3 | 1 | 119 | 69 | 186 | NCR |
| 4 | TDL | Tundla Junction | 10:50 | | 10:52 | | 2m | 5 | 1 | 197 | 70 | 167 | NCR |
| 5 | CNB | Kanpur Central | 14:10 | | 14:15 | | 5m | 6,7 | 1 | 428 | 73 | 127 | NCR |
| 6 | PRYJ | Prayagraj Junction (Allahabad) | 16:55 | | 17:00 | | 5m | 4 | 1 | 622 | 72 | 97 | NCR |
| 7 | MZP | Mirzapur | 18:15 | | 18:17 | | 2m | 2 | 1 | 712 | 41 | 85 | NCR |
| 8 | DDU | Pt. DD Upadhyaya Junction (Mughalsarai) | 19:50 | | 20:00 | | 10m | 1,2, 3 | 1 | 775 | 72 | 79 | ECR |
| 9 | DLN | Dildarnagar Junction | 20:48 | | 20:50 | | 2m | 2 | 1 | 833 | 66 | 225 | ECR |
| 10 | DNR | Danapur | 23:00 | | 23:02 | | 2m | 1,1 A | 1 | 977 | 27 | 54 | ECR |
| 11 | PPTA | Patliputra Junction | 23:15 | | 23:25 | | 10m | 1,4 | 1 | 983 | 48 | 53 | ECR |
| 12 | BJU | Barauni Junction | 01:40 | | 01:50 | | 10m | 3 | 2 | 1091 | 57 | 48 | ECR |
| 13 | BGS | Begusarai | 02:06 | | 02:08 | | 2m | 2 | 2 | 1106 | 73 | 42 | ECR |
| 14 | KGG | Khagaria Junction | 02:41 | | 02:43 | | 2m | 2 | 2 | 1146 | 73 | 39 | ECR |
| 15 | NNA | Naugachia | 03:38 | | 03:40 | | 2m | 1 | 2 | 1213 | 37 | 39 | ECR |
| 16 | KIR | Katihar Junction | 05:15 | | 05:25 | | 10m | 2 | 2 | 1272 | 62 | 32 | NFR |
| 17 | PRNA | Purnea Junction | 05:52 | | 05:57 | | 5m | 1 | 2 | 1300 | 74 | 44 | NFR |
| 18 | ARQ | Arariya Court | 06:28 | | 06:33 | | 5m | 0 | 2 | 1338 | 64 | | NFR |
| 19 | FBG | Forbesganj Junction | 07:00 | | 07:05 | | 5m | 0 | 2 | 1367 | 18 | | NFR |
| 20 | JBN | Jogbani | 07:50 | | | | | 2 | 2 | 1380 | - | 66 | NFR |