

## Kathgodam - Kanpur Central Garib Rath Express/12210 - GR - NR

LKU/Lal Kuan Junction to LJN/Lucknow Junction NER

7h 34m - 365 km - 5 halts - Departs Mon

#	Code	Station Name	Arrives	Avg	Depart s	Avg	Halt	PF	Day	Km	Spd	Elv	Zone
1	KGM	Kathgodam			18:15			1	1	0	30	510	NER
2	HDW	Haldwani	18:27		18:30		3m	1	1	6	29	433	NER
<b>3</b>	<b>LKU</b>	<b>Lal Kuan Junction</b>	<b>19:04</b>		<b>19:06</b>		2m	1	1	22	42	257	NER
4	RUPC	Rudrapur City	19:37		19:39		2m	1	1	44	77	209	NER
5	BLQR	Bilaspur Road	19:53		19:55		2m	0	1	62	29	195	NER
6	RMU	Rampur Junction	20:50		21:20		30m	0	1	89	41	191	NR
7	BE	Bareilly Junction	22:52		22:57		5m	1	1	152	62	169	NR
8	SPN	Shahjahanpur Junction	00:05		00:07		2m	2	2	222	64	155	NR
<b>9</b>	<b>LJN</b>	<b>Lucknow Junction NER</b>	<b>02:40</b>		<b>03:05</b>		25m	1	2	387	48	121	NER
10	CNB	Kanpur Central	04:35					8	2	459	-	127	NCR