

Ernakulam - Pune SF Express (PT)/22149 - SF - CR

KAWR/Karwar to PNVL/Panvel Junction

12h 13m - 575 km - 5 halts - Departs Tue,Fri

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----|-------------|--------------------------------|--------------|-----|--------------|-----|------|-----|-----|------|-----|-----|------|
| 1 | ERS | Ernakulam Junction (South) | | | 02:15 | | | 3 | 1 | 0 | 78 | 1 | SR |
| 2 | TCR | Thrissur (Trichur) | 03:12 | | 03:15 | | 3m | 2 | 1 | 74 | 36 | 3 | SR |
| 3 | SRR | Shoranur Junction | 04:10 | | 04:15 | | 5m | 6 | 1 | 107 | 69 | 29 | SR |
| 4 | TIR | Tirur | 04:54 | | 04:55 | | 1m | 1 | 1 | 152 | 59 | 9 | SR |
| 5 | CLT | Kozhikode Main (Calicut) | 05:37 | | 05:40 | | 3m | 3 | 1 | 193 | 85 | 4 | SR |
| 6 | TLY | Thalassery | 06:28 | | 06:30 | | 2m | 1 | 1 | 262 | 39 | 9 | SR |
| 7 | CAN | Kannur (Cannanore) | 07:02 | | 07:05 | | 3m | 1 | 1 | 282 | 75 | 12 | SR |
| 8 | KGQ | Kasaragod | 08:14 | | 08:15 | | 1m | 2 | 1 | 368 | 44 | 9 | SR |
| 9 | MAJN | Mangaluru Junction (Mangalore) | 09:20 | | 09:25 | | 5m | 1 | 1 | 416 | 36 | 8 | SR |
| 10 | UD | Udupi | 11:08 | | 11:10 | | 2m | 1 | 1 | 478 | 74 | 16 | KR |
| 11 | KUDA | Kundapura | 11:36 | | 11:38 | | 2m | 1 | 1 | 510 | 63 | 8 | KR |
| 12 | KAWR | Karwar | 14:10 | | 14:12 | | 2m | 2 | 1 | 669 | 41 | 11 | KR |
| 13 | MAO | Madgaon Junction | 15:40 | | 15:50 | | 10m | 2 | 1 | 729 | 73 | 9 | KR |
| 14 | SWV | Sawantwadi Road | 16:52 | | 16:54 | | 2m | 1 | 1 | 804 | 82 | 40 | KR |
| 15 | KKW | Kankavali | 17:30 | | 17:32 | | 2m | 1 | 1 | 853 | 40 | 47 | KR |
| 16 | RN | Ratnagiri | 20:20 | | 20:25 | | 5m | 2 | 1 | 965 | 43 | 125 | KR |
| 17 | CHI | Chiplun | 22:10 | | 22:12 | | 2m | 1 | 1 | 1040 | 48 | 11 | KR |
| 18 | PNVL | Panvel Junction | 02:25 | | 02:30 | | 5m | 5 | 2 | 1243 | 36 | 12 | CR |
| 19 | PUNE | Pune Junction | 05:50 | | | | | 1,2 | 2 | 1363 | - | 560 | CR |