

Poorna Express (PT)/11097 - Exp - CR**PUNE/Pune Junction to AWY/Aluva (Alwaye)****27h 25m - 1262 km - 30 halts - Departs Sat**

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|-----------|-------------|-----------------------------------|--------------|-----|--------------|-----|------|----|-----|------|-----|-----|------|
| 1 | PUNE | Pune Junction | | | 22:25 | | | 1 | 1 | 0 | 57 | 560 | CR |
| 2 | STR | Satara | 00:57 | | 01:00 | | 3m | 1 | 2 | 145 | 62 | 635 | CR |
| 3 | KRD | Karad | 01:57 | | 02:00 | | 3m | 1 | 2 | 204 | 57 | 596 | CR |
| 4 | SLI | Sangli | 03:12 | | 03:15 | | 3m | 1 | 2 | 272 | 9 | 558 | CR |
| 5 | MRJ | Miraj Junction | 04:05 | | 04:10 | | 5m | 3 | 2 | 279 | 75 | 549 | CR |
| 6 | GPB | Ghataprabha | 05:14 | | 05:15 | | 1m | 1 | 2 | 359 | 63 | 626 | SWR |
| 7 | BGM | Belagavi (Belgaum) | 06:10 | | 06:15 | | 5m | 2 | 2 | 417 | 25 | 747 | SWR |
| 8 | LD | Londa Junction | 08:20 | | 08:30 | | 10m | 1 | 2 | 468 | 27 | 635 | SWR |
| 9 | CLR | Castle Rock | 09:25 | | 09:30 | | 5m | 1 | 2 | 493 | 15 | | SWR |
| 10 | QLM | Kulem | 11:15 | | 11:20 | | 5m | 2 | 2 | 519 | 46 | 73 | SWR |
| 11 | SVM | Sanvordem (Kudchade) | 11:44 | | 11:45 | | 1m | 1 | 2 | 537 | 13 | 7 | SWR |
| 12 | MAO | Madgaon Junction | 12:55 | | 13:10 | | 15m | 2 | 2 | 552 | 57 | 9 | KR |
| 13 | KAWR | Karwar | 14:13 | | 14:15 | | 2m | 2 | 2 | 612 | 59 | 11 | KR |
| 14 | GOK | Gokarna Road | 14:52 | | 14:54 | | 2m | 1 | 2 | 649 | 63 | 14 | KR |
| 15 | KT | Kumta | 15:12 | | 15:14 | | 2m | 1 | 2 | 668 | 59 | 20 | KR |
| 16 | HNA | Honnavar | 15:28 | | 15:30 | | 2m | 1 | 2 | 681 | 39 | 5 | KR |
| 17 | MRD W | Murdeswar | 16:10 | | 16:12 | | 2m | 1 | 2 | 708 | 55 | 25 | KR |
| 18 | BTJL | Bhatkal | 16:28 | | 16:30 | | 2m | 2 | 2 | 722 | 76 | 21 | KR |
| 19 | BYNR | Byndoor Mookambika Road | 16:42 | | 16:44 | | 2m | | 2 | 737 | 59 | 10 | KR |
| 20 | KUDA | Kundapura | 17:18 | | 17:20 | | 2m | 1 | 2 | 771 | 80 | 8 | KR |
| 21 | UD | Udupi | 17:44 | | 17:46 | | 2m | 2 | 2 | 803 | 40 | 16 | KR |
| 22 | MAJN | Mangaluru Junction (Mangalore) | 19:20 | | 19:25 | | 5m | 2 | 2 | 865 | 74 | 8 | SR |
| 23 | KGQ | Kasaragod | 20:03 | | 20:05 | | 2m | 1 | 2 | 913 | 77 | 9 | SR |
| 24 | KZE | Kanhangad | 20:23 | | 20:25 | | 2m | 1 | 2 | 936 | 93 | 12 | SR |
| 25 | PAY | Payyanur | 20:44 | | 20:45 | | 1m | 2 | 2 | 965 | 63 | 9 | SR |
| 26 | CAN | Kannur (Cannanore) | 21:17 | | 21:20 | | 3m | 3 | 2 | 999 | 65 | 12 | SR |
| 27 | TLY | Thalassery | 21:39 | | 21:40 | | 1m | 2 | 2 | 1019 | 72 | 9 | SR |
| 28 | CLT | Kozhikode Main (Calicut) | 22:37 | | 22:40 | | 3m | 1 | 2 | 1088 | 73 | 4 | SR |
| 29 | TIR | Tirur | 23:14 | | 23:15 | | 1m | 3 | 2 | 1129 | 49 | 9 | SR |
| 30 | SRR | Shoranur Junction | 00:10 | | 00:15 | | 5m | 2 | 3 | 1174 | 50 | 29 | SR |
| 31 | TCR | Thrissur (Trichur) | 00:55 | | 00:58 | | 3m | 1 | 3 | 1207 | 63 | 3 | SR |
| 32 | AWY | Aluva (Alwaye) | 01:50 | | 01:52 | | 2m | 1 | 3 | 1262 | 36 | 14 | SR |
| 33 | ERN | Ernakulam Town (North) | 02:20 | | 02:22 | | 2m | 2 | 3 | 1278 | 3 | 2 | SR |
| 34 | ERS | Ernakulam Junction (South) | 03:15 | | | | | 1 | 3 | 1281 | - | 1 | SR |