

Manwar Sangam Express/14231 - Exp - NR
PYGS/Prayagraj Sangam to MUR/Mankapur Junction
5h 20m - 199 km - 5 halts - Departs Mon,Tue,Wed,Fri,Sat

| # | Code | Station Name | Arrives | Avg | Depart s | Avg | Halt | PF | Day | Km | Spd | Elv | Zone |
|----------|-------------|--------------------------|--------------|-----|--------------|-----|------|----|-----|-----|-----|-----|------|
| 1 | PYGS | Prayagraj Sangam | | | 04:50 | | | 0 | 1 | 0 | 48 | 95 | NR |
| 2 | MBDP | MBDD Pratapgarh Junction | 06:00 | | 06:05 | | 5m | 1 | 1 | 56 | 53 | 97 | NR |
| 3 | SLN | Sultanpur Junction | 06:50 | | 06:55 | | 5m | 3 | 1 | 96 | 72 | 95 | NR |
| 4 | KJA | Khajurhat | 07:21 | | 07:23 | | 2m | | 1 | 127 | 23 | | NR |
| 5 | AYC | Ayodhya Cantt. Junction | 08:35 | | 08:40 | | 5m | 0 | 1 | 155 | 10 | | NR |
| 6 | AY | Ayodhya Dham Junction | 09:23 | | 09:25 | | 2m | 1 | 1 | 162 | 50 | 98 | NR |
| 7 | MUR | Mankapur Junction | 10:10 | | 10:13 | | 3m | 2 | 1 | 199 | 70 | 106 | NER |
| 8 | MSW | Maskanwa | 10:25 | | 10:27 | | 2m | 0 | 1 | 213 | 119 | 106 | NER |
| 9 | BV | Babhnan | 10:35 | | 10:37 | | 2m | 2 | 1 | 229 | 51 | 96 | NER |
| 10 | GAUR | Gaur | 10:46 | | 10:48 | | 2m | 2 | 1 | 237 | 33 | 96 | NER |
| 11 | BST | Basti | 11:30 | | | | | 3 | 1 | 260 | - | 91 | NER |