

Adam Rail

Duty: LU1

Day(s): Every Day

Start Time: 04:00 - End Time: 23:52

Break Times:

From: Upminster To: West Ham Route:■ Depart: 04:00 - Arrive: 04:241	From: West Ham To: Upminster Route:■ Depart: 08:28 - Arrive: 08:5210	From: Upminster To: West Ham Route:■ Depart: 13:00 - Arrive: 13:2419
From: West Ham To: Upminster Route:■ Depart: 04:28 - Arrive: 04:522	From: Upminster To: West Ham Route:■ Depart: 09:00 - Arrive: 09:2411	From: West Ham To: Upminster Route:■ Depart: 13:28 - Arrive: 13:5220
From: Upminster To: West Ham Route:■ Depart: 05:00 - Arrive: 05:243	From: West Ham To: Upminster Route:■ Depart: 09:28 - Arrive: 09:5212	From: Upminster To: West Ham Route:■ Depart: 14:00 - Arrive: 14:2421
From: West Ham To: Upminster Route:■ Depart: 05:28 - Arrive: 05:524	From: Upminster To: West Ham Route:■ Depart: 10:00 - Arrive: 10:2413	From: West Ham To: Upminster Route:■ Depart: 14:28 - Arrive: 14:5222
From: Upminster To: West Ham Route:■ Depart: 06:00 - Arrive: 06:245	From: West Ham To: Upminster Route:■ Depart: 10:28 - Arrive: 10:5214	From: Upminster To: West Ham Route:■ Depart: 15:00 - Arrive: 15:2423
From: West Ham To: Upminster Route:■ Depart: 06:28 - Arrive: 06:526	From: Upminster To: West Ham Route:■ Depart: 11:00 - Arrive: 11:2415	From: West Ham To: Upminster Route:■ Depart: 15:28 - Arrive: 15:5224
From: Upminster To: West Ham Route:■ Depart: 07:00 - Arrive: 07:247	From: West Ham To: Upminster Route:■ Depart: 11:28 - Arrive: 11:5216	From: Upminster To: West Ham Route:■ Depart: 16:00 - Arrive: 16:2425
From: West Ham To: Upminster Route:■ Depart: 07:28 - Arrive: 07:528	From: Upminster To: West Ham Route:■ Depart: 12:00 - Arrive: 12:2417	From: West Ham To: Upminster Route:■ Depart: 16:28 - Arrive: 16:5226
From: Upminster To: West Ham Route:■ Depart: 08:00 - Arrive: 08:249	From: West Ham To: Upminster Route:■ Depart: 12:28 - Arrive: 12:5218	From: Upminster To: West Ham Route:■ Depart: 17:00 - Arrive: 17:2427

From: West Ham
To: Upminster
Route:■
Depart: 17:28 - Arrive: 17:52 28

From: Upminster
To: West Ham
Route:■
Depart: 18:00 - Arrive: 18:24 29

From: West Ham
To: Upminster
Route:■
Depart: 18:28 - Arrive: 18:52 30

From: Upminster
To: West Ham
Route:■
Depart: 19:00 - Arrive: 19:24 31

From: West Ham
To: Upminster
Route:■
Depart: 19:28 - Arrive: 19:52 32

From: Upminster
To: West Ham
Route:■
Depart: 20:00 - Arrive: 20:24 33

From: West Ham
To: Upminster
Route:■
Depart: 20:28 - Arrive: 20:52 34

From: Upminster
To: West Ham
Route:■
Depart: 21:00 - Arrive: 21:24 35

From: West Ham
To: Upminster
Route:■
Depart: 21:28 - Arrive: 21:52 36

From: Upminster
To: West Ham
Route:■
Depart: 22:00 - Arrive: 22:24 37

From: West Ham
To: Upminster
Route:■
Depart: 22:28 - Arrive: 22:52 38

From: Upminster
To: West Ham
Route:■
Depart: 23:00 - Arrive: 23:24 39

From: West Ham
To: Upminster
Route:■
Depart: 23:28 - Arrive: 23:52 40
