

Adam Rail

Duty: LU1

Day(s): Every Day

Start Time: 04:10 - End Time: 00:02

Break Times:

From: Upminster To: West Ham Route:■ Depart: 04:10 - Arrive: 04:341	From: West Ham To: Upminster Route:■ Depart: 08:38 - Arrive: 09:0210	From: Upminster To: West Ham Route:■ Depart: 13:10 - Arrive: 13:3419
From: West Ham To: Upminster Route:■ Depart: 04:38 - Arrive: 05:022	From: Upminster To: West Ham Route:■ Depart: 09:10 - Arrive: 09:3411	From: West Ham To: Upminster Route:■ Depart: 13:38 - Arrive: 14:0220
From: Upminster To: West Ham Route:■ Depart: 05:10 - Arrive: 05:343	From: West Ham To: Upminster Route:■ Depart: 09:38 - Arrive: 10:0212	From: Upminster To: West Ham Route:■ Depart: 14:10 - Arrive: 14:3421
From: West Ham To: Upminster Route:■ Depart: 05:38 - Arrive: 06:024	From: Upminster To: West Ham Route:■ Depart: 10:10 - Arrive: 10:3413	From: West Ham To: Upminster Route:■ Depart: 14:38 - Arrive: 15:0222
From: Upminster To: West Ham Route:■ Depart: 06:10 - Arrive: 06:345	From: West Ham To: Upminster Route:■ Depart: 10:38 - Arrive: 11:0214	From: Upminster To: West Ham Route:■ Depart: 15:10 - Arrive: 15:3423
From: West Ham To: Upminster Route:■ Depart: 06:38 - Arrive: 07:026	From: Upminster To: West Ham Route:■ Depart: 11:10 - Arrive: 11:3415	From: West Ham To: Upminster Route:■ Depart: 15:38 - Arrive: 16:0224
From: Upminster To: West Ham Route:■ Depart: 07:10 - Arrive: 07:347	From: West Ham To: Upminster Route:■ Depart: 11:38 - Arrive: 12:0216	From: Upminster To: West Ham Route:■ Depart: 16:10 - Arrive: 16:3425
From: West Ham To: Upminster Route:■ Depart: 07:38 - Arrive: 08:028	From: Upminster To: West Ham Route:■ Depart: 12:10 - Arrive: 12:3417	From: West Ham To: Upminster Route:■ Depart: 16:38 - Arrive: 17:0226
From: Upminster To: West Ham Route:■ Depart: 08:10 - Arrive: 08:349	From: West Ham To: Upminster Route:■ Depart: 12:38 - Arrive: 13:0218	From: Upminster To: West Ham Route:■ Depart: 17:10 - Arrive: 17:3427

From: West Ham
To: Upminster
Route:■
Depart: 17:38 - Arrive: 18:02 28

From: Upminster
To: West Ham
Route:■
Depart: 18:10 - Arrive: 18:34 29

From: West Ham
To: Upminster
Route:■
Depart: 18:38 - Arrive: 19:02 30

From: Upminster
To: West Ham
Route:■
Depart: 19:10 - Arrive: 19:34 31

From: West Ham
To: Upminster
Route:■
Depart: 19:38 - Arrive: 20:02 32

From: Upminster
To: West Ham
Route:■
Depart: 20:10 - Arrive: 20:34 33

From: West Ham
To: Upminster
Route:■
Depart: 20:38 - Arrive: 21:02 34

From: Upminster
To: West Ham
Route:■
Depart: 21:10 - Arrive: 21:34 35

From: West Ham
To: Upminster
Route:■
Depart: 21:38 - Arrive: 22:02 36

From: Upminster
To: West Ham
Route:■
Depart: 22:10 - Arrive: 22:34 37

From: West Ham
To: Upminster
Route:■
Depart: 22:38 - Arrive: 23:02 38

From: Upminster
To: West Ham
Route:■
Depart: 23:10 - Arrive: 23:34 39

From: West Ham
To: Upminster
Route:■
Depart: 23:38 - Arrive: 00:02 40
