

Adam Rail

Duty: LU1

Day(s): Every Day

Start Time: 04:15 - End Time: 00:12

Break Times:

From: Upminster To: West Ham Route:■ Depart: 04:15 - Arrive: 04:391	From: West Ham To: Upminster Route:■ Depart: 08:48 - Arrive: 09:1210	From: Upminster To: West Ham Route:■ Depart: 13:15 - Arrive: 13:3919
From: West Ham To: Upminster Route:■ Depart: 04:48 - Arrive: 05:122	From: Upminster To: West Ham Route:■ Depart: 09:15 - Arrive: 09:3911	From: West Ham To: Upminster Route:■ Depart: 13:48 - Arrive: 14:1220
From: Upminster To: West Ham Route:■ Depart: 05:15 - Arrive: 05:393	From: West Ham To: Upminster Route:■ Depart: 09:48 - Arrive: 10:1212	From: Upminster To: West Ham Route:■ Depart: 14:15 - Arrive: 14:3921
From: West Ham To: Upminster Route:■ Depart: 05:48 - Arrive: 06:124	From: Upminster To: West Ham Route:■ Depart: 10:15 - Arrive: 10:3913	From: West Ham To: Upminster Route:■ Depart: 14:48 - Arrive: 15:1222
From: Upminster To: West Ham Route:■ Depart: 06:15 - Arrive: 06:395	From: West Ham To: Upminster Route:■ Depart: 10:48 - Arrive: 11:1214	From: Upminster To: West Ham Route:■ Depart: 15:15 - Arrive: 15:3923
From: West Ham To: Upminster Route:■ Depart: 06:48 - Arrive: 07:126	From: Upminster To: West Ham Route:■ Depart: 11:15 - Arrive: 11:3915	From: West Ham To: Upminster Route:■ Depart: 15:48 - Arrive: 16:1224
From: Upminster To: West Ham Route:■ Depart: 07:15 - Arrive: 07:397	From: West Ham To: Upminster Route:■ Depart: 11:48 - Arrive: 12:1216	From: Upminster To: West Ham Route:■ Depart: 16:15 - Arrive: 16:3925
From: West Ham To: Upminster Route:■ Depart: 07:48 - Arrive: 08:128	From: Upminster To: West Ham Route:■ Depart: 12:15 - Arrive: 12:3917	From: West Ham To: Upminster Route:■ Depart: 16:48 - Arrive: 17:1226
From: Upminster To: West Ham Route:■ Depart: 08:15 - Arrive: 08:399	From: West Ham To: Upminster Route:■ Depart: 12:48 - Arrive: 13:1218	From: Upminster To: West Ham Route:■ Depart: 17:15 - Arrive: 17:3927

From: West Ham
To: Upminster
Route:■
Depart: 17:48 - Arrive: 18:12 28

From: Upminster
To: West Ham
Route:■
Depart: 18:15 - Arrive: 18:39 29

From: West Ham
To: Upminster
Route:■
Depart: 18:48 - Arrive: 19:12 30

From: Upminster
To: West Ham
Route:■
Depart: 19:15 - Arrive: 19:39 31

From: West Ham
To: Upminster
Route:■
Depart: 19:48 - Arrive: 20:12 32

From: Upminster
To: West Ham
Route:■
Depart: 20:15 - Arrive: 20:39 33

From: West Ham
To: Upminster
Route:■
Depart: 20:48 - Arrive: 21:12 34

From: Upminster
To: West Ham
Route:■
Depart: 21:15 - Arrive: 21:39 35

From: West Ham
To: Upminster
Route:■
Depart: 21:48 - Arrive: 22:12 36

From: Upminster
To: West Ham
Route:■
Depart: 22:15 - Arrive: 22:39 37

From: West Ham
To: Upminster
Route:■
Depart: 22:48 - Arrive: 23:12 38

From: Upminster
To: West Ham
Route:■
Depart: 23:15 - Arrive: 23:39 39

From: West Ham
To: Upminster
Route:■
Depart: 23:48 - Arrive: 00:12 40