How did the Messenger (may Allah's peace and blessings be upon him) travel (from ‘Arafah to Muzdalifah during Hajj)? He said: He would ride at a moderate pace, but when he saw a gap (in the crowd), he would hurry to fill it

‘Urwah ibn Az-Zubayr reported that while he was sitting, ‘Usāmah ibn Zayd was asked: "How did the Messenger (may Allah's peace and blessings be upon him) travel (from ‘Arafah to Muzdalifah during Hajj)?" He said: "He would ride at a moderate pace, but when he saw a gap (in the crowd), he would hurry to fill it."
[Authentic hadith] [Narrated by Bukhari & Muslim]

Usāmah ibn Zayd (may Allah be pleased with him) rode behind the Messenger (may Allah's peace and blessings be upon him) on his camel from ‘Arafah to Muzdalifah during Hajj. Therefore, he was the most knowledgeable regarding how he traveled. He said he would travel in a moderate pace when there was a crowd, but when he saw a gap in the crowd, he would increase the speed a bit, since it wouldn't harm anyone then.

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