# We had Suhūr (pre-dawn meal) with the Prophet (may Allah's peace and blessings be upon him), and then he stood for prayer. I said: How long was the time between Adhān and Suhūr? He said: The time it takes to recite fifty verses

Zayd ibn Thābit (may Allah be pleased with him) reported: We had Suhūr (pre-dawn meal) with the Prophet (may Allah's peace and blessings be upon him), and then he stood for prayer. I said: How long was the time between Adhān and Suhūr? He said: The time it takes to recite fifty verses.

[Authentic] [Agreed upon]

Some of the Companions (may Allah be pleased with them) had Suhūr with the Prophet (may Allah's peace and blessings be upon him), and then he stood for the Fajr prayer. Anas said to Zayd ibn Thābit (may Allah be pleased with him): How much time was there between the Adhān and the completion of Suhūr? Zayd (may Allah be pleased with him) said: The time it takes to recite fifty medium-length verses, neither long nor short, and neither recited quickly nor slowly.

http://www.sunnah.global/hadeeth/en/show/4457