Waiting

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Waiting allows you to pause a workflow mid-execution, then resume where the workflow left off, with the same data. This is useful if you need to rate limit your calls to a service, or wait for an external event to complete. You can wait for a specified duration, or until a webhook fires.

Making a workflow wait uses the Wait node. Refer to the node documentation for usage details.

n8n provides a workflow template with a basic example of Rate limiting and waiting for external events.