WBZ451 with added WINC1500. Using App Inventor polling on BLE and Web page for WiFi, here are the performance:

On the BLE side, I have the MIT App sending data every 100mSec and the WBZ responding with status.

On the WiFi side,  the Webpage request data every 50mSec with the WBZ responding with status.

Graphical user interface, application

Description automatically generated

In the Idle Task,  I have added a bit toggle of the USER LED.  I don't know if this is very representative, but looks interesting...

Graphical user interface, text, application

Description automatically generated

You could see on the scope the output of the USER\_LED stretching longer as other task runs

Here is the @ 5mSecGraphical user interface

Description automatically generated

Her @ 500uSecGraphical user interface

Description automatically generated