Benching utility for deno_core op system

Example:

```
use deno_bench_util::bench_or_profile;
use deno_bench_util::bencher::{benchmark_group, Bencher};
use deno bench util::bench js sync};
use deno_core::op_sync;
use deno_core::serialize_op_result;
use deno core::Extension;
use deno_core::JsRuntime;
use deno core::Op;
use deno core::OpState;
fn setup() -> Vec<Extension> {
 let custom_ext = Extension::builder()
   .ops(vec![
     ("op_nop", |state, _| {
       Op::Sync(serialize op result(Ok(9), state))
     }),
   ])
    .build();
 vec![
   // deno_{ext}::init(...),
   custom ext,
 ]
fn bench op nop(b: &mut Bencher) {
 bench js sync(b, r#"Deno.core.opSync("op nop", null, null);"#, setup);
benchmark_group!(benches, bench_op_nop);
bench or profile! (benches);
```