

	WSL	VMware Player	Docker
Core instances	LXSS/LXCore	VMM	Docker Engine
Range of virtualization	Ubuntu bash	Any guest OS	Any guest process
Isolation from host OS	Not isolated, cooperation	Completely isolated	Isolated
Parallel running units	Only one Linux instance	More than one	More than one
Isolation between running units	-	Completely isolated	Isolated but sharing kernel
Sharing file system	Sharing with host OS	Not sharing with host OS or units	Not sharing with host OS
I/O Speed	Very slow	Fast	Very fast
Use of hardware resources	Very low	Very high	Low