Q1. How much faster does it run on a multiprocessor machine?

Answer. If we compare the result from the single-thread implementation to the optimal one, yields an $\frac{134932524-19620621}{134932524}\approx 85.4\%$ increase in performance.

Q2. What is the optimal number of goroutines to use?

Answer. The optimal number is the number of runtime.NumCPU() or nproc, the performance plateaus after this number.

goos: linux
goarch: amd64
pkg: hw7
cpu: AMD Ryzen 5 7640U w/ Radeon 760M Graphics
BenchmarkSingleThread
BenchmarkSingleThread-12 8 134932524 ns/op
BenchmarkWorkerPool3
BenchmarkWorkerPool3-12 25 45646155 ns/op
BenchmarkWorkerPool5
BenchmarkWorkerPool5-12 39 28737000 ns/op
BenchmarkWorkerPool10
BenchmarkWorkerPool10-12 55 20580624 ns/op
BenchmarkWorkerPool100
BenchmarkWorkerPool100-12 52 19341110 ns/op
BenchmarkWorkerPool1000
BenchmarkWorkerPool1000-12 52 19896781 ns/op
BenchmarkWorkerPoolNumCpu
BenchmarkWorkerPoolNumCpu-12 56 19620621 ns/op
PASS
ok hw7 7.619s

Benchmark result, ran with go test -bench=. -v