

Benchmark	Score (ns/op)	Error (ns/op)
Direct field access	3.13	0.02
Unsafe field access	3.14	0.03
Field direct access by reflection	5.34	0.04
Field getter by reflection MethodHandle call	8.71	0.32
Regular static method call	14.80	0.18
Lambda call	15.69	0.14
Metafactory generated lambda call	16.75	0.18
Regular method call	17.16	0.24
Reflection method (by getMethod) call	20.12	0.14
MethodHandle of static method call	20.60	0.17
MethodHandle	22.10	0.51