The info below is simply FYI and to help someone learn and have fun with hash cracking.
This is by no means a conclusive demonstration of which wordlist or ruleset is "best".
The "best" wordlist + rules is the one that generates the plaintext!

Having a good wordlist + rules is vital to hash cracking. I use my own wordlist + rules when cracking, but for these tests, I'll only be using publicly available wordlists.

To set the test up, I compiled 1,995,899 plaintext from the stockx database, then hashed these to md5.
I used publicly available wordlist and rules, but also compared the results to my own rules.
100% of cyclone's rules have been handwritten or generated by cyclone and trained against scores of databases. These were given as a comparison. They're not always better, but as you will see below, they generally do well.

Test set:
stockx plaintext - 1.9 m

Wordlists:
rockyou + phpbb - 146 mb
hashkiller (Jan 2020) - 2.9 gb

Rules:
best64 - 77 rules (included with hashcat)
T0XIC - 4085 rules (included with hashcat)
top_1500 - top 1,500 rules (from @blandyuk's hashcatgui)
top_5000 - top 5,000 rules (from @blandyuk's hashcatgui)
d3ad0ne - 34,099 rules - d3ad0ne
OneRuleToRuleThemAll - 51,998 rules - notsosecure
cyclone_mini - 195 handwritten rules - cyclone
cyclone_250 - top 250 rules - cyclone
cyclone_1500 - top 1,500 rules - cyclone
cyclone_5000 - top 5,000 rules - cyclone
cyclone_mst - top 50,000 rules - cyclone (to replace OneRuleToRuleThemAll)

Results:
Rockyou + phpbb:

Code:

```
no rules              (2.70%)
best64                (6.86%)
cyclone_mini          (22.39%)
T0XIC                 (22.66%)
top_1500              (24.84%)
cyclone_250           (26.57%)
top_5000              (39.22%)
d3ad0ne               (41.12%)
cyclone_1500          (41.58%)
OneRuleToRuleThemAll  (50.77%)
cyclone_5000          (51.58%)
cyclone_mst           (61.86%)
```

Hashkiller:

```
Code:

no rules               (34.50%)
best64                 (37.98%)
cyclone_mini           (52.77%)
T0XIC                  (54.66%)
top_1500               (58.71%)
cyclone_250            (59.01%)
top_5000               (71.54%)
cyclone_1500           (71.73%)
d3ad0ne                (75.83%)
cyclone_5000           (79.25%)
OneRuleToRuleThemAll   (79.64%)
cyclone_mst            (86.10%)
```

Credits to all those who were involved with creating the rules & wordlists used above.

~cyclone

*** updated 07/01/2020 ***