defmacro is like defn, but the resulting function name is declared as a macro and will be used as a macro by the compiler when it is called.

defn defines a function

defmacro defines a macro

The difference between functions and macros is that on a function call first the arguments of the function are evaluated then the body of the function is evaluated using the arguments.

Macros on the other hand describe a transformation from one piece of code to another. Any evaluation takes place after the transformation.

Benchmark cannot take it as a function cause a function can't take in the line of code:

(apply + (range 1E6))

But macro can.