People dont know too much which is what I see from what I have read:
-Double core does help in multitasking but thats only useful if the actually app or game or w/e it programed to run from 2 memory locations. Theres limited stuff that uses 2 cores, but more and more stuff is.
-L2 cache all varies with amd, heres a little explaining why less is more with AMD:

http://img527.imageshack.us/img527/4900/amdathlon64chartcl9.jpg

Also, there are a few CPU's that can out run my single core CPU, like the core 2 duo E65 (If i remember the # corretly), but my CPU isn't even the highest avaible. The current TOP performance cpu is STILL AMD. The FX-62 which outclocks even the best core 2 duo. The only thing im not sure about is those new core 2 extreme edition because I havent read up on em, but my guess is intel just up'd the bus speed and remarketed them