USB-C vs Micro USB (vsdiff.com)

Feature	USB-C	Micro USB
Connector Shape	Reversible and oval-shaped	Asymmetric, only plugs in one way
Data Transfer Speed	Up to 10 Gbps (USB 3.1)	Up to 480 Mbps (USB 2.0)
Power Delivery	Up to 100W	Up to 2.5W
Device Compatibility	Compatible with new devices and accessories	Widely used in older devices
Support for Alternate Modes	Yes, supports HDMI, DisplayPort, etc.	No

Source: https://vsdiff.com/usb-c-vs-micro-usb/