

runtimes	tinyArray	smallArray	mediumArray	largeArray	extraLargeArray
Insert	34.1 $\mu$ s	43.3 $\mu$ s	144.6 $\mu$ s	6.2993 ms	621.4414 ms
Apped	67.5 $\mu$ s	77.4 $\mu$ s	109 $\mu$ s	390.2 $\mu$ s	2.3995 ms

Looking at the table I have come to the conclusion that insert runs faster when an array is smaller, and append runs faster when the array is bigger. That being said, append still is not far behind insert with small amounts of data.

// Extra credit

Append adds to the end of an array not changing the index of other variables in the array. However insert adds in front of a specified index, changing the index of the variables coming after making the run time much more significant.