

Runtime Analysis:

RUNTIME.JS	extraLargeArray	largeArray	mediumArray	smallArray	tinyArray
Insert:	683.5669 ms	6.6007 ms	104.3 μ s	10.5 μ s	8.4 μ s
Append:	2.2719 ms	6.3635 ms	195.2 μ s	78.2 μ s	89 μ s

The Insert method demonstrates more of an exponential growth while the append method has more of a linear growth. The insert method is far superior for smaller arrays while the append method is more efficient as the array gets larger.