Results for the tiny array:
Insert 40.6 us
Append 102.6 us
Results for the small array:
Insert 13.9 us
Append 13.8 us
Results for medium array:
Insert 150.5 us
Append 43.8 us
Results for the large array:
Insert 12.6904 ms
Append 397.2 us
Results for the extra large array:
Insert 1.3520304 s
Append 4.2905 ms

The "doubleInsert" function worked well on the smaller arrays but as the arrays got bigger it started slowing down more, comparatively speaking. The "doubleAppend" function performed much better as the size of the array increased. This suggests that the "doubleAppend" function scales better than does the "doubleInsert". Based on my data, I would say that the "doubleAppend" is more efficient and the better choice between the two.