**Exercise**

Modify the given code to also measure the time taken to remove an element from the middle of both the ArrayList and LinkedList. Print the times taken for these operations as well.

**Hint**

* Use the .remove() method with an index in the middle of the list (e.g., list.size() / 2).
* Store the start time using System.nanoTime() before each removal and calculate the duration after the removal.
* Print the results for comparison.

**Explanation**

In this exercise:

1. You will update the code to measure the time taken for removing elements from the middle of both lists.
2. This comparison will illustrate how the performance differs between ArrayList and LinkedList for middle-element removals.
3. This exercise helps you understand the efficiency of data structures when performing specific operations and demonstrates how the structure of ArrayList and LinkedList affects their performance.