extraLargeArray:

insert: 1.2341871 s

append: 4.7058 ms

largeArray:

insert: 10.5836 ms

append: 817.3 μs

mediumArray:

insert: 196.6 μs

append: 159.8 μs

smallArray:

insert: 67.7 μs

append: 183.9 μs

tinyArray:

insert: 49 μs

append: 170.1 μs

These two functions started out having a very similar runtime. As we increase the size of the input, it becomes clear that append function using the .unshift() method scales a lot more linearly than the insert function using .push(). The insert function seems to be growing exponentially with each larger input. If you need to have a function that can scale better with a larger input, then the append function will perform much faster than the insert function.