Array	doublerInsert	doublerAppend
extraLargeArray	1.1332629 s	3.3429 ms
largeArray	9.608 ms	610.2 μs
mediumArray	199.3 μs	156.8 μs
smallArray	59.8 μs	151.5 μs
tinyArray	54.7 μs	113.4 μs

The Append function is faster for the bigger arrays but the Insert function is faster for the smaller arrays. The Append function is a bit more consistent with its scaling while the Insert function scales just a little bit in the smaller arrays but once it gets to the medium array its scale keeps getting bigger and bigger. One way that you can tell this is that the Append function is in nanoseconds for every array except for the extra-large, which is in milliseconds. The Insert function is in nanoseconds up until medium and then it jumps to milliseconds and then to seconds for the extra-large array.

The Append function is slower because it's using the .unshift to add to the array. The Insert function uses .push, which just adds the new value to the end of the array and gives it a new index without changing the index of the other, already included values. With .unshift, the new value is inserted into the beginning of the array, giving it the index of 0. Because of this, the rest of the items in the array must have their indexes changed to accommodate for the new item being placed in front of it.