Results for the extraLargeArray
insert 1.467632914 s
append 4.12039 ms

Results for the largeArray
insert 9.249317 ms
append 978.168 µs

Results for the mediumArray
insert 250.467 µs
append 202.592 µs

Results for the smallArray
insert 72.136 µs
append 141.392 µs

Results for the smallArray
insert 57.721 µs
append 131.157 µs

Append scales better as it's only 131.157 µs and at the highest array is 4.12 ms.
Meanwhile Insert starts at 57.721 µs and then ends up at 1.46 s.