harrisonkleiman@Harrisons-MBP cs % node runtime.js

Results for the tinyArray
insert 49.287 µs
append 128.102 µs

Results for the smallArray
insert 167.319 µs
append 141.352 µs

Results for the mediumArray
insert 246.585 µs
append 221.476 µs

Results for the largeArray
insert 14.226715 ms
append 799.963 µs

Results for the extraLargeArray
insert 1.983757138 s
append 7.37519 ms

DoubleAppend is the more efficient function compared to doubleInsert. This is because 'append' simply adds to the list while insert will need to add an element before a certain index in the array. Append method adds a new element at the end of the list. The length of the list increases by one.

The reason insert is less efficient is because the function will need to make a copy of the array first. Unless you need to add an array element to a specific index, appending will be the more efficient route.