	doubleAppend	doubleInsert
extraLargeArray	~4 ms	~760 ms
largeArray	~498 μs	~8 ms
mediumArray	~75 μs	~121 ms
smallArray	~95 μs	~23 μs
tinyArray	~100 μs	~25 μs

It seems that the insert function actually begins just a hair faster than the append function, but this is a truly miniscule difference. They effectively begin at the same efficiency, for all practical purposes.As the arrays get larger the append function very quickly becomes the faster option, scaling up much more efficiently than the insert function.