

extraLarge
 Insert: 897.6727 ms
 Append: 3.2493
large
 Insert: 9.3707ms
 Append: 691.9µs
medium
 Insert: 195.2µs
 Append: 147.8 µs
small
 Insert: 49 µs
 Append: 94.8 µs
extrasmall
 Insert: 37 µs
 Append: 84.9 µs

As the array grows larger, the insert array grows exponentially while it seems that the append array grows linearly.

The .unshift method is slower because it requires the array to be shifted over once and then pushing the new number into the beginning while the .push just adds the number to the end of the array.