

	extralargearray	largearray	mediumarray	smallArray	tinyArray
insert	768ms	6.6ms	123µs	24.5µs	21µs
append	4.3ms	405µs	83µs	65µs	60µs

Append is consistently faster for the larger arrays while insert takes the lead over smaller arrays. Overall if we are using larger arrays or lists, I would error on using append for its efficiency with scalability. However, if you know they will be small arrays, you could use insert for efficiency.

Append is faster for the larger arrays since it just needs to take on the next iteration to the end of the list while insert has to go to a specific location. For a short array, insert can be really fast but once the array is longer and the computer has to go through more information to find the correct spot, it slows the problem down.