

As can be seen from the charts mostly recursion takes more time than iteration and the times tend to increase when n becomes higher.

In general, recursion is slow, exhausting computer's memory resources since there is more time spent in calling the same function again, while iteration performs on the same variables and so is efficient. But recursion on the other hand, in some situations, offers convenient tool than iterations.

Also variables in iteration are generally stored in the register whereas the variables in recursion are stored in the stack which takes longer for retrieval