1. The results from both Python and R show significant performance improvements when using vectorized approaches compared to basic for-loop methods. R's apply() functions provide substantial speedup in distance computation, similar to Python's vectorized NumPy operations. In both environments, the for-loop method was the least efficient, while the vectorized or optimized approaches offered the best performance.

2. Based on computational efficiency, I would lean towards the vectorized approach in Python, as it runs significantly faster than the for-loop method. However, when considering the ease of implementation and coding time, I understand that you prefer R Studio. The vectorized approach in Python might be more efficient, but in R, you can implement similar tasks more smoothly due to its built-in vectorized operations and concise syntax. Given your preference for R Studio, I'd say the ease of use and quicker implementation in R make it a more favorable option for you.

3. In addition to computational efficiency and ease of implementation, there are a couple of other key considerations that make R preferable for you:

1. **Data Handling and Manipulation**: R is particularly strong in data manipulation and exploration. The dplyr and tidyr packages offer intuitive syntax and powerful functionality for data wrangling. These libraries streamline tasks such as filtering, summarizing, and reshaping data, which makes R an excellent choice when dealing with complex datasets.

2. **Visualization Capabilities**: R excels in data visualization, especially with libraries like ggplot2. These tools allow you to quickly generate clear, customizable, and informative visualizations, which is crucial for data analysis and presentation. While Python has visualization libraries like matplotlib and seaborn, many users find R's ggplot2 more flexible and easier to use for complex visualizations.

Considering these factors, R provides a more holistic environment for data analysis, combining ease of use, efficient data handling, and powerful visualization tools, which align with your preference for a smoother and quicker workflow.