

D. Little Victor and Set

time limit per test: 1 second

memory limit per test: 256 megabytes

input: standard input

output: standard output

Little Victor adores the sets theory. Let us remind you that a set is a group of numbers where all numbers are pairwise distinct. Today Victor wants to find a set of integers S that has the following properties:

- for all x the following inequality holds $l \leq x \leq r$;
- $1 \leq |S| \leq k$;
- lets denote the i -th element of the set S as s_i ; value must be as small as possible.

Help Victor find the described set.

Input

The first line contains three space-separated integers l, r, k ($1 \leq l \leq r \leq 10^{12}$; $1 \leq k \leq \min(10^6, r - l + 1)$).

Output

Print the minimum possible value of $f(S)$. Then print the cardinality of set $|S|$. Then print the elements of the set in any order.

If there are multiple optimal sets, you can print any of them.

Examples

input
8 15 3
output
1 2 10 11

input
8 30 7
output
0 5 14 9 28 11 16

Note

Operation represents the operation of bitwise exclusive OR. In other words, it is the XOR operation.