#include <iostream>

#include <cmath>

using namespace std;

float a, m, n, i, j, h = 0, result = 0, res1 = 0, res2 = 0;

double sum1 (double res1){

for (i = 1; i <= m; i++){

h = pow((2.0\*i\*i+i+2.0),2.0);

res1 = res1 + h;

}

return res1;

}

double sum2 (double res2){

for (j = 2; j <= n; j++){

h = pow((i\*i+3.0),2.0);

res2 = res2 + h;

}

return res2;

}

int main()

{

cout << "Введите значение A: "; cin >> a;

cout << "Введите значение M: "; cin >> m;

cout << "Введите значение N: "; cin >> n;

res1 = sum1(res1);

res2 = sum2(res2);

result = (a + res1) / (4.0 + res2);

cout << "Result = " << result;

return 0;

}