Info: The code should be as fast and concise as possible. The readability of the code is secondary, but comments are desired.

Challenge 1

If we list all the natural numbers below 10 that are multiples of 3 or 5, we get 3, 5, 6 and 9. The sum of these multiples is 23.

Find the sum of all the multiples of 3 or 5 up to one million.

Code: R and Python.