```
000001  program MatrixMultiplication;
000002
000003  uses
000004      SysUtils, Time;
000005
000006  const
000007      M_SIZE = 400;
000008
000009  var
000010      i, j, k              : LongInt;
000011      start_time, end_time : TDateTime;
000012      time                 : Double;
000013      m1, m2, m3           : array[1..M_SIZE, 1..M_SIZE] of LongInt;
000014      result               : QWord;
000015
000016  begin
000017
000018      start_time := Now;
000019
000020      for i := 1 to M_SIZE do
000021          for j := 1 to M_SIZE do
000022              begin
000023                  m1[i, j] := i + j;
000024                  m2[i, j] := i + j
000025              end;
000026
000027      for i := 1 to M_SIZE do
000028          for j := 1 to M_SIZE do
000029              begin
000030                  m3[i, j] := 0;
000031                  for k := 1 to M_SIZE do
000032                      m3[i, j] := m3[i, j] + m1[i, k] * m2[k, j]
000033              end;
000034
000035      result := 0;
000036      for i := 1 to M_SIZE do
000037          for j := 1 to M_SIZE do
000038              result := result + m3[i, j];
000039
000040      end_time := Now;
000041      time := (end_time - start_time) * 24 * 60 * 60;
000042
000043      (* ------------------------------------------------------------------------ *)
000044
000045      WriteLn(Format('Result= %d, Time= %10.6f sec', [result1, time1, result, time2]))
000046
000047  end.
000048
```