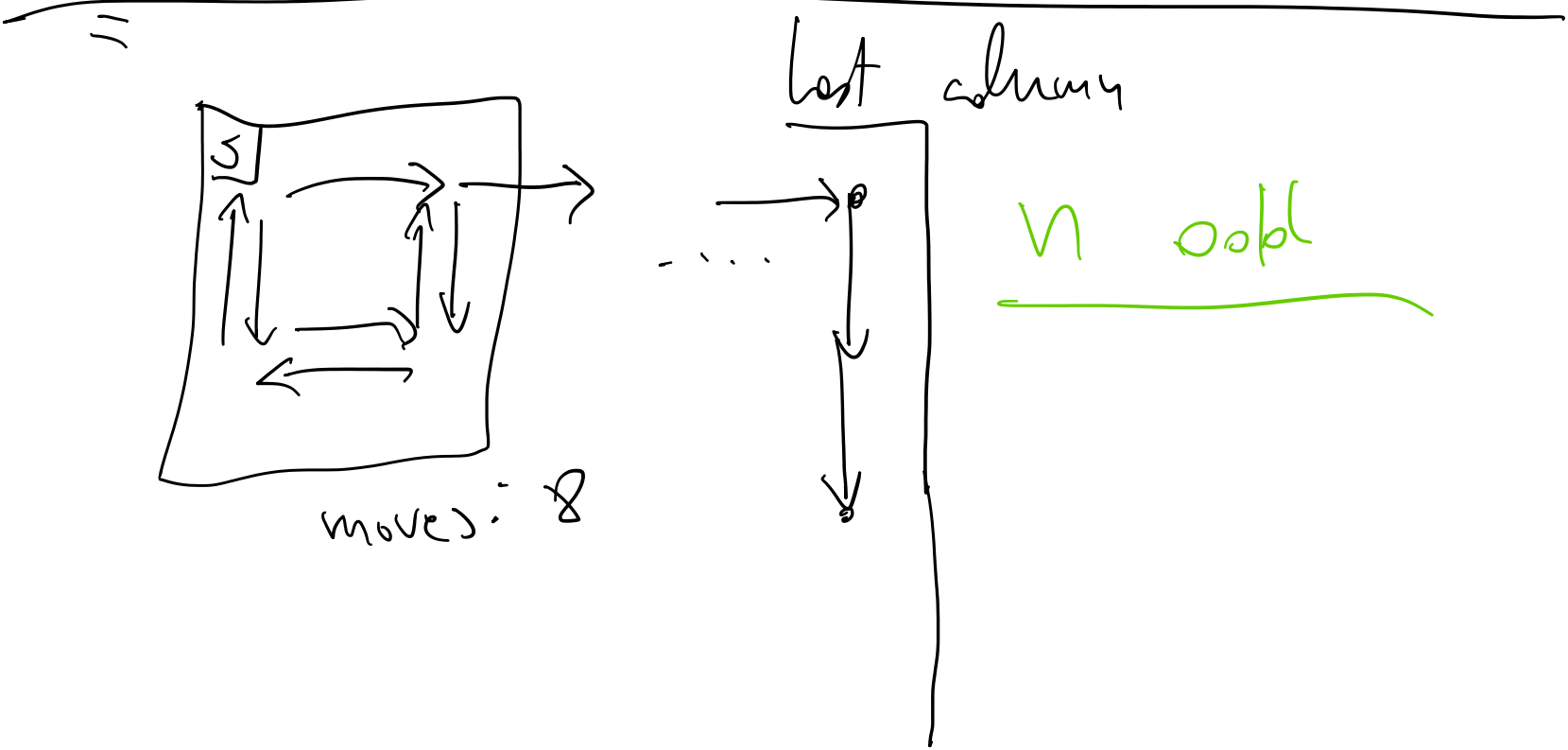


$$\sum_{l \in [0, n)} \sum_{r \in [l, n)} f(l, r)$$

\uparrow
 $[l, r]$ has 1

$$= \sum_l \sum_r f(l, r) [r \geq l]$$



max moves: $4nm - 2n - 2m$

$n = m = 500 \rightarrow 998,000$

$\geq 332\text{km}$ per instruction

