using System;

using System.Collections.Generic;

using System.Linq;

using System.Text;

using System.Threading.Tasks;

namespace \_20\_November\_2016\_\_\_Evening

{

class Problem06

{

static void Main(string[] args)

{

var start = int.Parse(Console.ReadLine());

var end = int.Parse(Console.ReadLine());

var max = int.Parse(Console.ReadLine());

var couter = 0;

for (int i = start; i <= end; i++)

{

for (int j = start; j <= end; j++)

{

if (couter < max)

{

Console.Write($"<{i}-{j}>");

}

else

{

break;

}

couter++;

}

if (couter >= max)

{

break;

}

}

}

}

}