worst case cost
our cost of the inner loop is:

$$\begin{aligned}&\sum_{i=1}^{N-1}(10i+3)+8i+4i\\=&\sum_{i=1}^{N-1}22i+3\end{aligned}$$

so our total cost is:

$$\begin{aligned}&22N-15+\sum_{i=1}^{N-1}22i+3\\&=22N-15+22\frac{(n-1)n}{2}+3(n-1)\\&=11n^2+14n-18\end{aligned}$$

best case cost

for the best case, the inner loop runs 0 times, so we have:

$$\begin{aligned}&22N-15+10(N-1)\\&=32N-25\end{aligned}$$