worst case cost

our cost of the inner loop is:

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

so our total cost is:

$$22N - 15 + \sum_{i=1}^{N-1} 22i + 3$$

$$= 22N - 15 + 22\frac{(n-1)n}{2} + 3(n-1)$$

$$= 11n^2 + 14n - 18$$