```java
package Exercise;

public class Exercise44 {
    public static void main String[] args) {
        int num = 0;
        int sum = 0;

        while(sum < 100) {
            ++num;
            if(num % 2 == 0) {
                sum-=num;
            } else {
                sum+=num;
            }
        }
        System.out.printf "실행결과 : %d",num);
    }
}
```