#include<bits/stdc++.h>

#include<cstring>

using namespace std;

#define ll long long

int main()

{

//freopen("input.txt","r",stdin);

int w,h,k;

cin>>w>>h>>k;

//w-=2;

ll ans=0;

while(k--)

{

ans+=2\*w+2\*h-4;

h-=4;

w-=4;

//cout<<(w+h)\*2<<endl;

}

cout<<ans<<endl;

return 0;

}