$i = 0 .. n-1$

$j = i .. n-1$

$k = i .. j$

i	j	k	
0	0	$0..0 \to 1$	$\frac{n(n+1)}{2}$
	1	$0..1 \to 2$	
	2	$0..2 \to 3$	
	⋮		
0	$n-1$	$0..n-1 \to n$	
1	1	$1..1 \to 1$	$\frac{(n-1)(n-1+1)}{2}$
	2	2	
	⋮		
	$n-1$	$n-1$	
2	1	1	$\frac{(n-2)(n-2+1)}{2}$
		2	
		⋮	
		$n-2$	
⋮			
$n-2$	$n-2$	$n-2..n-1$	2] $\frac{2(2+1)}{2} = 3$
	$n-1$	$n-1$	1
$n-1$	$n-1$		1] $\frac{1(1+1)}{2} = 1$

Sum these, since follow same pattern

$$\sum_{m=1}^{n} \frac{m(m+1)}{2}$$

$$= \frac{1}{2}\left(\sum_{m=1}^{n} m^2 + \sum_{m=1}^{n} m\right)$$

$$= \frac{1}{2}\left(\frac{m(m+1)(2m+1)}{6} + \frac{m(m+1)}{2}\right)$$

$$= \frac{m(m+1)}{2}\left[\frac{2m+1}{6} + \frac{1}{2}\right]$$

$$= \frac{m(m+1)}{2}\left[\frac{2m+1+3}{6}\right]$$

$$= \frac{m(m+1)(2(m+2))}{2 \cdot 6}$$

$$= \boxed{\frac{m(m+1)(m+2)}{6}}$$

$\Theta(n^3)$