

```
//Time String concatenation
String s = "";
long start = System.currentTimeMillis();
for (int i = 0; i < 100000; i++) {
    s = s + "io";
}
long stop = System.currentTimeMillis();
long elapsed = stop - start;
out.println(elapsed + " for concat");

//Time StringBuilder append
StringBuilder sb = new StringBuilder("");
start = System.currentTimeMillis();
for (int i = 0; i < 100000; i++) {
    sb.append("io");
}
stop = System.currentTimeMillis();
elapsed = stop - start;
out.println(elapsed + " for StringBuilder");

//Output from sample run:
//6272 for concat
//1 for StringBuilder

//convert StringBuilder to a String
String str = sb.toString();

//or return a String from a StringBuilder
return sb.toString();
```