list_update_select[0,22]

$\forall T$:Type, l:T List, i:$\mathbb{Z}$, j:$\mathbb{N}_{<\|l\|}$, x:T. $l[i:=x][j]$ = if $j=_2 i\rightarrow$ x else $l[j]$ fi $\in T$

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http://www.cs.cornell.edu/Info/Projects/NuPrl/FDLcontent/p0_286125_/p30_242393_{list_update_select}.html