

l_member^{11,40}

$(x \in l) \equiv_{\text{def}} \exists i:\mathbb{N}. ((i < \|l\|) \text{c} \wedge (x = l[i]))$

clarification:

$(x \in l \in T) \equiv_{\text{def}} \exists i:\mathbb{N}. ((i < \|l\|) \text{c} \wedge (x = l[i] \in T))$