

cons_before^{11,40}

$\forall T:\text{Type}, l:(T \text{ List}), a,x,y:T.$
 $\text{l_before}(x; y; \text{cons}(a; l); T) \iff (((x = a) \wedge (y \in l)) \vee \text{l_before}(x; y; l; T))$