

l.before_l_index_le^{11,40}

$\forall T:\text{Type}, dT:\text{EqDecider}(T), L:(T \text{ List}), x, y:T.$

$(x \in L) \Rightarrow (y \in L) \Rightarrow (\text{index}(L;x) \leq \text{index}(L;y)) \Rightarrow (x \text{ before } y \in L \vee (x = y))$