es-before-decomp[11,40]

$\forall the_es$:ES, e', e:E.
$(e \in \text{before}(e')) \Rightarrow (\exists l$:E List. $(\text{before}(e') = (\text{before}(e)\ @\ [e]\ @\ l) \in (\text{E List})))$

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http://www.nuprl.org/FDLcontent/p0_963683_/p69_452020_{es-before-decomp}.html