```
iseg_length  THM

⊢  ∀T:Type, l1,l2:T List. l1 ≤ l2 ⇒ ||l1||≤||l2||
| by ...
|
1. T : Type
2. l1 : T List
3. l2 : T List
4. l : T List
5. l2 = (l1 @ l)
⊢  ||l1||≤||l1 @ l||  by RWO "length_append" 0 THEN Auto'
END
```