

19 12 20

1, 2, 3, 4, ...
 $\frac{n^2}{2} + \frac{n(n-1)}{2} \rightarrow (10)^2 + \frac{10(10-1)}{2} = 105$ ①
 11, 10, 9, 8, ...

0, 1, 2, 3, ...
 $\frac{n(n-1)}{2} \rightarrow t_9 = \frac{9(9-1)}{2} = 36 \Rightarrow n(n-1) = 72$
 $n=11$ ②

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