calculate the area of water collected by rain holded by bar graph/histogram

#include<iostream>

using namespace std;

int main()

{

int a[20],n,pos,amt = 0,lpos = 0,rpos = 0,temp;

cout<<"Enter the number of elevations: ";

cin>>n;

cout<<"Enter the heights of the elevation : ";

for(int i=0;i<n;i++)

cin>>a[i];

pos = 0;

for(int i=0;i<n;i++)

{

if(a[pos]<a[i])

{

pos = i;

}

}

temp = pos;

while(pos != 0)

{

for(int i=pos-1;i>=0;i--)

{

if(a[i]>=a[lpos])

{

lpos = i;

}

}

for(int i=lpos+1;i<pos;i++)

{

amt = amt + a[lpos] - a[i];

}

pos = lpos;

lpos--;

}

pos = temp;

while(pos != n-1)

{

for(int i=pos+1;i<n;i++)

{

if(a[i]>=a[rpos])

{

rpos = i;

}

}

for(int i=pos+1;i<rpos;i++)

{

amt = amt + a[rpos] - a[i];

}

pos = rpos;

rpos++;

}

cout<<"The amount of water that can be trapped is: "<<amt;

return 0;

}