C：

#include<stdio.h>

int main()

{

int s[50005],a,i,min,max,count=0,j;

scanf("%d",&a);

for( i = 0; i < a; i++) {

scanf("%d",&s[i]);

}

for( i = 0; i <a;i++ ){

min=s[i];

max=s[i];

for( j = i; j <a; j++) {

if(min>s[j]){min =s[j];}

if(max<s[j]){max =s[j];}

if((max-min)==(j-i)){

count++;

}

}

}

printf("%d",count);

return 0;

}

C++

#include <iostream>

using namespace std;

int a[50001];

int main()

{

int i,j,n,cnt=0;

int x,y;//最大数和最小数

cin>>n;

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

{

cin>>a[i];

}

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

{

x=y=a[i];

for(j=i;j<n;j++)

{

x=max(a[j],x);

y=min(a[j],y);

if(x-y==j-i)

cnt++;

}

}

cout<<cnt;

return 0;

}

Java：

import java.util.Scanner;

public class Main {

public static void main(String[] args) {

// TODO Auto-generated method stub

Scanner sc = new Scanner(System.in);

while (sc.hasNext()) {

int N = sc.nextInt();

int[] arr = new int[N];

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

arr[i] = sc.nextInt();

int count = N;

for (int i = 0; i < N; i++) {

int min = arr[i];

int max = arr[i];

for (int j = i+1; j < N; j++) {

if (min > arr[j])

min = arr[j];

if (max < arr[j])

max = arr[j];

if (max - min == j - i)

count++;

}

}

System.out.println(count);

}

}

}