Ваш IP: 45.83.140.183

Ваш Host: DESKTOP-K9T3K8H

```
namespace 5Practica
{
    public partial class Form1 : Form
    {
        public Form1()
        {
            InitializeComponent();
            string Host = Dns.GetHostName();
            string IP = Dns.GetHostByName(Host).AddressList[0].ToString();
            textBox1.Text = IP;
            textBox2.Text = Host;
        }
    }
}
```