

$$11 + 12 + 13 + 14 + 15 + 16 + 17 + 18 + 19 + 20 = 31 \times 5 = 155$$
$$\underbrace{1 + 3 + 5 + \cdots + 95}_{100 \text{ terms}} + 97 + 99 = 100 \times (1 + (49 - 1) \div 2) = 2500$$