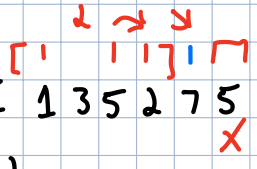
2444. Count Subarrays With Fixed Bounds

Given: an integer array `nums`
Given: an integer `minK`
Given: an integer `maxK`

A fixed bound subarray of `nums` is a subarray that satisfies the following conditions:

- The minimum value in the subarray equals `minK`
- The maximum value in the subarray equals `maxK`

Return: the number of fixed bound subarrays.



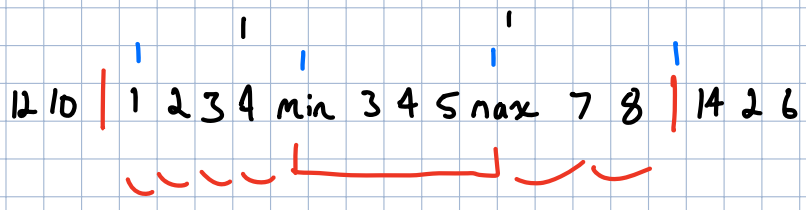
Ex. `nums = [1,3,5,2,7,5]`, `minK = 1`, `maxK = 5`
Output: 2

Thoughts:

- Any value < minK or > maxK is a barrier.

```
                                        enable_if_t  *Iter == T::type
template<typename Iter, typename T>
auto findValidRanges(Iter begin, Iter end, T minK, T maxK) {

    int result{}; bool hasMinK{}; bool hasMaxK{};
    auto start{ begin };
    while (begin < end) {
        if (*begin > maxK || *begin < minK) {
            start = begin + 1; hasMinK = false; hasMaxK = false;
```

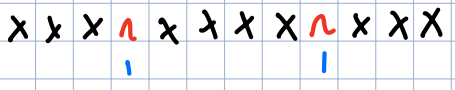


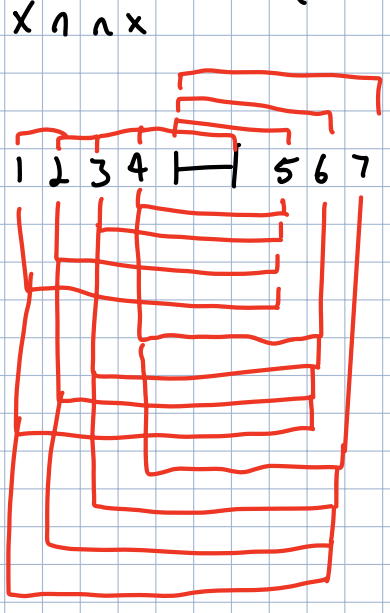
4 + 2 + 1

(begin - right) * (left - front)

3 * 4 = 12

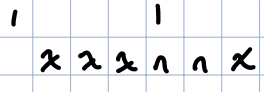
(1 + 1 + 1) + (1 * 1)





4 + 4

```
std::distance(front, left)
+ std::distance(back, right)
+ (std::distance(front, left) *
    std::distance(back, right))
+ 1
```



NIL

3 + 3

4 * 2 = 8