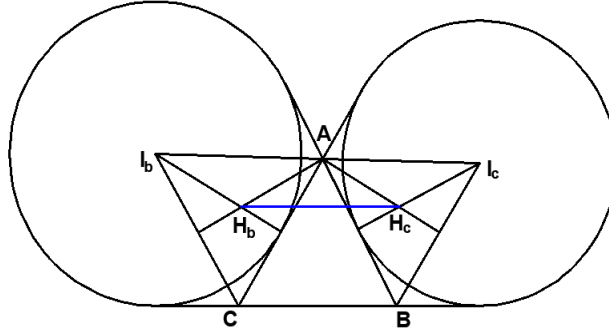


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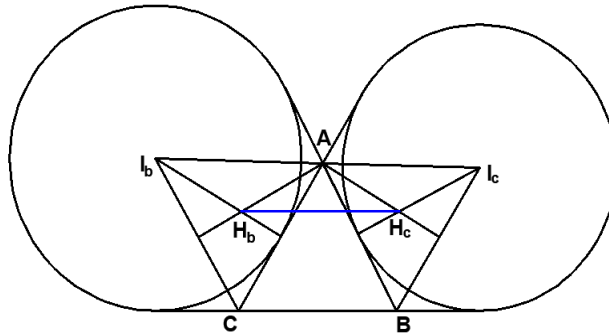
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I_a, I_b, I_c – excenters in $\triangle ABC$, H_a, H_b, H_c – orthocenters
in $\triangle BI_aC, \triangle CI_bA, \triangle AI_cB$. Prove that :
 $H_aH_b^2 + H_bH_c^2 + H_cH_a^2 \leq 9R^2$.

Proposed by Eldeniz Hesenov-Georgia

Solution by Mohamed Amine Ben Ajiba-Tanger-Morocco



$$\begin{aligned} \text{We have : } R_{\triangle CI_bA} &= \frac{CA}{2 \sin \widehat{CI_bA}} \text{ with } \widehat{CI_bA} = \pi - \frac{\pi - A}{2} - \frac{\pi - C}{2} \\ &= \frac{\pi - B}{2} \text{ then } R_{\triangle CI_bA} = \frac{b}{2 \sin \left(\frac{\pi - B}{2}\right)} = \frac{b}{2 \cos \frac{B}{2}} = 2R \sin \frac{B}{2} \end{aligned}$$

$$\begin{aligned} \text{Then : } AH_b &= 2R_{\triangle CI_bA} \cdot \cos \widehat{I_bAC} = 2 \cdot 2R \sin \frac{B}{2} \cdot \cos \left(\frac{\pi - A}{2}\right) \\ &= 4R \sin \frac{A}{2} \sin \frac{B}{2}. \text{ Similarly, we have : } AH_c = 4R \sin \frac{A}{2} \sin \frac{C}{2} \end{aligned}$$

By the Law of Cosines in $\triangle AH_bH_c$, we have :

$$H_bH_c^2 = AH_b^2 + AH_c^2 - 2 \cdot AH_b \cdot AH_c \cdot \cos \widehat{H_bAH_c}$$

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$$\text{With : } \widehat{H_bAH_c} = A + \widehat{H_bAC} + \widehat{BAH_c} = A + \frac{C}{2} + \frac{B}{2} = \frac{\pi + A}{2}$$

Then :

$$\begin{aligned} H_bH_c^2 &= \left(4R \sin \frac{A}{2} \sin \frac{B}{2}\right)^2 + \left(4R \sin \frac{A}{2} \sin \frac{C}{2}\right)^2 \\ &\quad - 2 \left(4R \sin \frac{A}{2} \sin \frac{B}{2}\right) \left(4R \sin \frac{A}{2} \sin \frac{C}{2}\right) \cos \left(\frac{\pi + A}{2}\right) = \\ &= \left(4R \sin \frac{A}{2}\right)^2 \left(\sin^2 \frac{B}{2} + \sin^2 \frac{C}{2} + 2 \sin \frac{A}{2} \sin \frac{B}{2} \sin \frac{C}{2}\right) = \left(4R \sin \frac{A}{2}\right)^2 \left(1 - \sin^2 \frac{A}{2}\right) \\ &= \left(4R \cos \frac{A}{2} \sin \frac{A}{2}\right)^2 = a^2 \end{aligned}$$

Then : $H_bH_c = a$ (And analogs). Therefore,

$$H_aH_b^2 + H_bH_c^2 + H_cH_a^2 = a^2 + b^2 + c^2 \stackrel{\text{Leibniz}}{\leq} 9R^2.$$