

ROMANIAN MATHEMATICAL MAGAZINE

In $\triangle ABC$ the following relationship holds:

$$\frac{h_a}{l_a} + \frac{h_b}{l_b} + \frac{h_c}{l_c} \geq 1 + \frac{4r}{R}$$

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$$\begin{aligned} \frac{h_a}{l_a} &= \frac{\frac{2F}{a}}{\frac{2bc}{b+c} \cdot \cos \frac{A}{2}} = \frac{F(b+c)}{abc \cdot \cos \frac{A}{2}} = \frac{F(b+c)}{4FR \cdot \cos \frac{A}{2}} = \\ \frac{2R(\sin B + \sin C)}{4R \cdot \cos \frac{A}{2}} &= \frac{2 \sin \frac{B+C}{2} \cdot \cos \frac{B-C}{2}}{2 \cos \frac{A}{2}} = \frac{\cos \frac{A}{2} \cdot \cos \frac{B-C}{2}}{\cos \frac{A}{2}} = \cos \frac{B-C}{2} \end{aligned}$$

$$\begin{aligned} \overset{\text{Molweide's}}{\cos \frac{B-C}{2}} &= \frac{b+c}{a} \cdot \sin \frac{A}{2} = \frac{b+c}{a} \sqrt{\frac{(p-b)(p-c)}{bc}} \stackrel{A-G}{\geq} \\ &\geq \frac{2\sqrt{bc}}{a} \sqrt{\frac{(p-b)(p-c)}{bc}} = \frac{2}{a} \sqrt{(p-b)(p-c)} \end{aligned}$$

$$\begin{aligned} \sum_{cyc} \frac{h_a}{l_a} &\geq \sum_{cyc} \frac{2}{a} \sqrt{(p-b)(p-c)} \geq 3 \left(\frac{8}{abc} (p-a)(p-b)(p-c) \right)^{\frac{1}{3}} = \\ &= 6 \left(\frac{p \cdot (p-a)(p-b)(p-c)}{abc \cdot p} \right)^{\frac{1}{3}} = 6 \left(\frac{F^2}{4FR \cdot p} \right)^{\frac{1}{3}} = 6 \left(\frac{F}{4R \cdot p} \right)^{\frac{1}{3}} = \\ &= 6 \left(\frac{p \cdot r}{4R \cdot p} \right)^{\frac{1}{3}} = 6 \left(\frac{2r}{8R} \right)^{\frac{1}{3}} = 3 \left(\frac{2r}{R} \right)^{\frac{1}{3}} \end{aligned}$$

$$\text{Let's prove that : } 3 \left(\frac{2r}{R} \right)^{\frac{1}{3}} \geq 1 + \frac{4r}{R}$$

$$\text{Let } \frac{2r}{R} = x; \text{ Then } 3\sqrt[3]{x} \geq 1 + 2x \rightarrow 27x \geq (1 + 2x)^3$$

$$8x^3 + 12x^2 - 21x + 1 \leq 0$$

$$(x-1)(8x^2 + 20x - 1) \leq 0 \rightarrow x \leq 1 \rightarrow R \geq 2r \text{ (Euler)}$$