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In $\triangle ABC$ the following relationship holds:

$$\min \left(\sum_{cyc} \frac{1}{h_a h_b}, \sum_{cyc} \frac{1}{r_a r_b} \right) \leq \frac{1}{3r^2}$$

Proposed by Nguyen Hung Cuong-Vietnam

Solution by Daniel Sitaru-Romania

$$\sum_{cyc} \frac{1}{h_a h_b} = \sum_{cyc} \frac{ab}{4F^2} = \frac{1}{4F^2} \sum_{cyc} ab = \frac{1}{4r^2 s^2} (s^2 + r^2 + 4Rr) \leq \frac{1}{3r^2} \Leftrightarrow$$

$$\Leftrightarrow 3(s^2 + r^2 + 4Rr) \leq 4s^2 \Leftrightarrow 3r^2 + 12Rr \leq s^2 \text{ (to prove)}$$

$$s^2 \stackrel{GERRETSEN}{\geq} 16Rr - 5r^2 \geq 3r^2 + 12Rr \Leftrightarrow 4Rr \geq 8r^2 \Leftrightarrow R \stackrel{EULER}{\geq} 2r$$

$$\sum_{cyc} \frac{1}{r_a r_b} = \sum_{cyc} \frac{(s-a)(s-b)}{F^2} = \sum_{cyc} \frac{(s-a)(s-b)}{s(s-a)(s-b)(s-c)} =$$

$$= \sum_{cyc} \frac{1}{s(s-a)} = \frac{1}{s} \sum_{cyc} \frac{1}{s-a} = \frac{1}{s} \cdot \frac{4R+r}{rs} \leq \frac{1}{3r^2} \Leftrightarrow$$

$$\Leftrightarrow s^2 \geq 12Rr + 3r^2 \text{ (to prove)}$$

$$s^2 \stackrel{GERRETSEN}{\geq} 16Rr - 5r^2 \geq 3r^2 + 12Rr \Leftrightarrow 4Rr \geq 8r^2 \Leftrightarrow R \stackrel{EULER}{\geq} 2r$$

Equality holds for $a = b = c$.