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In $\triangle ABC$ the following relationship holds:

$$\sum_{cyc} \frac{h_a}{h_a^2 + 3rh_a + 9r^2} \leq \frac{1}{3r}$$

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$$\begin{aligned} \frac{h_a}{h_a^2 + 3rh_a + 9r^2} &= \frac{1}{h_a + 3r + \frac{9r^2}{h_a}} = \\ &= \frac{1}{3r + \left(h_a + \frac{9r^2}{h_a}\right)} \stackrel{AM-GM}{\leq} \frac{1}{3r + 2\sqrt{h_a \cdot \frac{9r^2}{h_a}}} = \frac{1}{3r + 6r} = \frac{1}{9r} \\ \sum_{cyc} \frac{h_a}{h_a^2 + 3rh_a + 9r^2} &\leq 3 \cdot \frac{1}{9r} = \frac{1}{3r} \end{aligned}$$

Equality holds if the triangle is an equilateral one.