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In $\triangle ABC$ the following relationship holds:

$$\frac{h_a}{r_b} + \frac{h_b}{r_c} + \frac{h_c}{r_a} \geq \frac{6r}{R}$$

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Solution by Daniel Sitaru – Romania

$$\begin{aligned} \frac{h_a}{r_b} + \frac{h_b}{r_c} + \frac{h_c}{r_a} &= \sum_{cyc} \frac{\frac{2F}{a}}{\frac{F}{s-b}} = 2 \sum_{cyc} \frac{s-b}{a} \geq \\ &\stackrel{AM-GM}{\geq} 2 \cdot 3 \sqrt[3]{\frac{(s-a)(s-b)(s-c)}{abc}} = 6 \sqrt[3]{\frac{s(s-a)(s-b)(s-c)}{s \cdot 4RF}} = \\ &= 6 \sqrt[3]{\frac{F^2}{4sRF}} = 6 \sqrt[3]{\frac{F}{4sR}} = 6 \sqrt[3]{\frac{rs}{4sR}} = 6 \sqrt[3]{\frac{r}{4R}} \geq \frac{6r}{R} \Leftrightarrow \\ &\Leftrightarrow \frac{r}{4R} \geq \left(\frac{r}{R}\right)^3 \Leftrightarrow \frac{1}{4} \geq \frac{r^2}{R^2} \Leftrightarrow R^2 \geq 4r^2 \Leftrightarrow R \geq 2r \end{aligned}$$

Equality holds for $a = b = c$.