

FAMOUS INEQUALITIES IN TRIANGLE REDESIGNED WITH CONWAY'S METHOD

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ABSTRACT. In this paper is presented the Conway's method used for redesign famous inequalities in triangle as Euler, Mitrinovic, Leibniz, Ionescu-Weitzenbock, Leuenerger, Steining, Băndilă, Neuberger, Gordon, Goldner, Curry, Doucet, Gotman and Makowski.

Main results:

If $x, y, z \in \mathbb{R}$ are such that: $x + y > 0; y + z > 0; z + x > 0; xy + yz + zx > 0$ then:

1. $\sum_{cyc} (x + y) \sqrt{(x + z)(y + z)} \geq 4(xy + yz + zx)$
2. $(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2 \geq 6\sqrt{3}(xy + yz + zx)$
3. $2(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})\sqrt{xy + yz + zx} \leq 3\sqrt{3}(x + y)(y + z)(z + x)$
4. $8(x + y + z)(xy + yz + zx) \leq 9(x + y)(y + z)(z + x)$
5. $x + y + z \geq \sqrt{3}(xy + yz + zx)$
6. $\frac{1}{\sqrt{x + y}} + \frac{1}{\sqrt{y + z}} + \frac{1}{\sqrt{z + x}} \geq 2\sqrt{\frac{3(xy + yz + zx)}{(x + y)(y + z)(z + x)}}$
7. $\frac{1}{\sqrt{x + y}} + \frac{1}{\sqrt{y + z}} + \frac{1}{\sqrt{z + x}} \leq \frac{\sqrt{3}(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})}{2\sqrt{xy + yz + zx}}$
8. $\frac{1}{\sqrt{(x + y)(x + z)}} + \frac{1}{\sqrt{(y + z)(y + x)}} + \frac{1}{\sqrt{(z + x)(z + y)}} \geq \frac{4(xy + yz + zx)}{(x + y)(y + z)(z + x)}$
9. $\frac{1}{\sqrt{(x + y)(x + z)}} + \frac{1}{\sqrt{(y + z)(y + x)}} + \frac{1}{\sqrt{(z + x)(z + y)}} \leq \frac{(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2}{4(xy + yz + zx)}$
10. $\frac{1}{x + y} + \frac{1}{y + z} + \frac{1}{z + x} \geq \frac{\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}}{\sqrt{(x + y)(y + z)(z + x)}}$
11. $\frac{1}{x + y} + \frac{1}{y + z} + \frac{1}{z + x} \leq \frac{(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2}{4(xy + yz + zx)}$
12. $\sqrt{\frac{x + y}{x + z}} + \sqrt{\frac{x + z}{x + y}} \leq \frac{(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})\sqrt{(x + y)(y + z)(z + x)}}{2(xy + yz + zx)}$
13. $(x + y + z)(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2 \geq 18(xy + yz + zx)$
14. $\sqrt{(x + y)(x + z)} + \sqrt{(y + z)(y + x)} + \sqrt{(z + x)(z + y)} \geq \frac{36(xy + yz + zx)}{(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2}$
15. $\sqrt{(x + y)(x + z)} + \sqrt{(y + z)(y + x)} + \sqrt{(z + x)(z + y)} \leq \frac{9(x + y)(y + z)(z + x)}{4(xy + yz + zx)}$
16. $\sqrt{(x + y)(x + z)} + \sqrt{(y + z)(y + x)} + \sqrt{(z + x)(z + y)} \geq 2\sqrt{3}(xy + yz + zx)$
17. $x^2 + y^2 + z^2 \geq xy + yz + zx$
18. $(x + y)(x + z) + (y + z)(y + x) + (z + x)(z + y) \geq 4(xy + yz + zx)$
19. $\frac{9\sqrt{(x + y)(y + z)(z + x)}}{\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}} \geq 2\sqrt{3}(xy + yz + zx)$
20. $\sqrt{3}(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}) \leq 4\sqrt{\frac{(x + y)(y + z)(z + x)}{xy + yz + zx}} + \frac{2\sqrt{xy + yz + zx}}{\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}}$
21. $\sqrt{x + \frac{y + z}{4}} + \sqrt{y + \frac{z + x}{4}} + \sqrt{z + \frac{x + y}{4}} \geq \frac{9\sqrt{xy + yz + zx}}{\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}}$
22. $\sqrt{x + \frac{y + z}{4}} + \sqrt{y + \frac{z + x}{4}} + \sqrt{z + \frac{x + y}{4}} \leq \frac{9\sqrt{(x + y)(y + z)(z + x)}}{4\sqrt{xy + yz + zx}}$
23. $\frac{3\sqrt{xy + yz + zx}}{\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}} \leq \sqrt[4]{\frac{3}{4}(xy + yz + zx)}$

CONWAY'S METHOD

Let be $x, y, z \in \mathbb{R}$ such that $x + y > 0; y + z > 0; z + x > 0; xy + yz + zx > 0$.

Denote $a = \sqrt{x + y}, b = \sqrt{y + z}, c = \sqrt{z + x}$.

We will prove that a, b, c can be sides in a triangle ABC :

$$\begin{aligned} a + b > c &\Leftrightarrow \sqrt{x + y} + \sqrt{y + z} > \sqrt{z + x} \\ x + y + y + z + 2\sqrt{(x + y)(y + z)} &> z + x \\ y + \sqrt{(x + y)(y + z)} &> 0 \\ y + \sqrt{xz + yz + xy + y^2} &> y + |y| \geq 0 \end{aligned}$$

Analogous: $b + c > a; c + a > b$.

The semiperimeter:

$$s = \frac{1}{2}(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})$$

We will prove that area:

$$\begin{aligned} F &= \frac{1}{2}\sqrt{xy + yz + zx} \\ s - a &= \frac{1}{2}(\sqrt{x + y} + \sqrt{z + x} - \sqrt{y + z}) \\ s - b &= \frac{1}{2}(\sqrt{x + y} + \sqrt{y + z} - \sqrt{z + x}) \\ s - c &= \frac{1}{2}(\sqrt{y + z} + \sqrt{z + x} - \sqrt{x + y}) \\ s(s - a) &= \frac{1}{4}((\sqrt{x + y} + \sqrt{z + x})^2 - (\sqrt{y + z})^2) = \\ &= \frac{1}{4}(x + y + z + x + 2\sqrt{(x + y)(z + x)} - y - z) = \\ &= \frac{1}{4}(2\sqrt{(x + y)(z + x)} + 2x) = \frac{1}{2}(\sqrt{(x + y)(z + x)} + x) \\ (s - b)(s - c) &= \frac{1}{4}((\sqrt{y + z})^2 - (\sqrt{x + y} - \sqrt{z + x})^2) \\ &= \frac{1}{4}(y + z - x - y - z - x + 2\sqrt{(x + y)(z + x)}) = \\ &= \frac{1}{2}(\sqrt{(x + y)(z + x)} - x) \\ F^2 &= s(s - a)(s - b)(s - c) = \\ &= \frac{1}{4}((\sqrt{(x + y)(z + x)})^2 - x^2) = \\ &= \frac{1}{4}(x^2 + xy + yz + zx - x^2) = \frac{1}{4}(xy + yz + zx) \\ F &= \frac{1}{2}\sqrt{xy + yz + zx} \end{aligned}$$

Let r, R be inradii and circumradii in ΔABC :

$$\begin{aligned} r &= \frac{F}{s} = \frac{\sqrt{xy + yz + zx}}{\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x}} \\ R &= \frac{abc}{4F} = \frac{\sqrt{(x + y)(y + z)(z + x)}}{2\sqrt{xy + yz + zx}} \end{aligned}$$

Let m_a, m_b, m_c be medians in $\triangle ABC$:

$$\begin{aligned} m_a^2 &= \frac{1}{2}(b^2 + c^2) - \frac{1}{4}a^2 = \frac{1}{2}(x + z + x + y) - \frac{1}{4}(y + z) = \\ &= \frac{2(2x + y + z) - y - z}{4} = \frac{4x + y + z}{4} \end{aligned}$$

Analogous:

$$m_b^2 = \frac{x + 4y + z}{4}; m_c^2 = \frac{x + y + 4z}{4}$$

Let h_a, h_b, h_c be altitudes in $\triangle ABC$:

$$h_a = \frac{2F}{a} = \sqrt{\frac{xy + yz + zx}{y + z}} = \sqrt{x + \frac{yz}{y + z}}$$

Analogous:

$$\begin{aligned} h_b &= \sqrt{\frac{xy + yz + zx}{z + x}} = \sqrt{y + \frac{zx}{z + x}} \\ h_c &= \sqrt{\frac{xy + yz + zx}{x + y}} = \sqrt{z + \frac{xy}{x + y}} \end{aligned}$$

Proof of 1.

In $\triangle ABC$ the following relationship holds:

$$R \geq 2r \text{ (Euler)}$$

Replace the values of R, r with Conway's substitutions:

$$\begin{aligned} \frac{\sqrt{(x+y)(y+z)(z+x)}}{2\sqrt{xy+yz+zx}} &\geq \frac{2\sqrt{xy+yz+zx}}{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}} \\ \sum_{cyc} (x+y)\sqrt{(z+x)(z+y)} &\geq 4(xy+yz+zx) \end{aligned}$$

□

Proof of 2.

In $\triangle ABC$ the following relationship holds:

$$s \geq 3\sqrt{3}r \text{ (Mitrinovic)}$$

Replace the values of s, r with Conway's substitutions:

$$\begin{aligned} \frac{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}}{2} &\geq 3\sqrt{3} \cdot \frac{\sqrt{xy+yz+zx}}{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}} \\ (\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x})^2 &\geq 6\sqrt{3(xy+yz+zx)} \end{aligned}$$

□

Proof of 3.

In $\triangle ABC$ the following relationship holds:

$$s \leq \frac{3\sqrt{3}}{2}R \text{ (Mitrinovic)}$$

Replace the values of s, R with Conway's substitutions:

$$\begin{aligned} \frac{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}}{2} &\leq \frac{3\sqrt{3}}{2} \cdot \frac{\sqrt{(x+y)(y+z)(z+x)}}{2\sqrt{xy+yz+zx}} \\ 2(\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x})\sqrt{xy+yz+zx} &\leq 3\sqrt{3(x+y)(y+z)(z+x)} \end{aligned}$$

□

Proof of 4.

In $\triangle ABC$ the following relationship holds:

$$a^2 + b^2 + c^2 \leq 9R^2 \text{ (Leibniz)}$$

Replace the values of a, b, c, R with Conway's substitutions:

$$(\sqrt{x+y})^2 + (\sqrt{y+z})^2 + (\sqrt{z+x})^2 \leq 9 \cdot \frac{(x+y)(y+z)(z+x)}{4(xy+yz+zx)}$$

$$2(x+y+z) \leq \frac{9(x+y)(y+z)(z+x)}{4(xy+yz+zx)}$$

$$8(x+y+z)(xy+yz+zx) \leq 9(x+y)(y+z)(z+x)$$

□

Proof of 5.

In $\triangle ABC$ the following relationship holds:

$$a^2 + b^2 + c^2 \geq 4\sqrt{3}F \text{ (Ionescu-Weitzenbock)}$$

Replace the values of a, b, c, F with Conway's substitutions:

$$(\sqrt{x+y})^2 + (\sqrt{y+z})^2 + (\sqrt{z+x})^2 \geq 4\sqrt{3} \cdot \frac{1}{2}\sqrt{xy+yz+zx}$$

$$2(x+y+z) \geq 2\sqrt{3(xy+yz+zx)}$$

$$x+y+z \geq \sqrt{3(xy+yz+zx)}$$

□

Proof of 6.

In $\triangle ABC$ the following relationship holds:

$$\frac{1}{a} + \frac{1}{b} + \frac{1}{c} \geq \frac{\sqrt{3}}{R} \text{ (Leuenberger)}$$

Replace the values of a, b, c, R with Conway's substitutions:

$$\frac{1}{\sqrt{x+y}} + \frac{1}{\sqrt{y+z}} + \frac{1}{\sqrt{z+x}} \geq \sqrt{3} \cdot \frac{2\sqrt{xy+yz+zx}}{\sqrt{(x+y)(y+z)(z+x)}}$$

$$\frac{1}{\sqrt{x+y}} + \frac{1}{\sqrt{y+z}} + \frac{1}{\sqrt{z+x}} \geq 2\sqrt{\frac{3(xy+yz+zx)}{(x+y)(y+z)(z+x)}}$$

□

Proof of 7.

In $\triangle ABC$ the following relationship holds:

$$\frac{1}{a} + \frac{1}{b} + \frac{1}{c} \leq \frac{\sqrt{3}}{2r} \text{ (Leuenberger)}$$

Replace the values of a, b, c, r with Conway's substitutions:

$$\frac{1}{\sqrt{x+y}} + \frac{1}{\sqrt{y+z}} + \frac{1}{\sqrt{z+x}} \leq \frac{\sqrt{3}}{2} \cdot \frac{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}}{\sqrt{xy+yz+zx}}$$

□

Proof of 8.

In $\triangle ABC$ the following relationship holds:

$$\frac{1}{ab} + \frac{1}{bc} + \frac{1}{ca} \geq \frac{1}{R^2} \quad (\text{Leuenberger})$$

Replace the values of a, b, c, R with Conway's substitutions:

$$\frac{1}{\sqrt{(x+y)(x+z)}} + \frac{1}{\sqrt{(y+z)(y+x)}} + \frac{1}{\sqrt{(z+x)(z+y)}} \geq \frac{4(xy+yz+zx)}{(x+y)(y+z)(z+x)}$$

□

Proof of 9.

In $\triangle ABC$ the following relationship holds:

$$\frac{1}{ab} + \frac{1}{bc} + \frac{1}{ca} \leq \frac{1}{4r^2} \quad (\text{Leuenberger})$$

Replace the values of a, b, c with Conway's substitutions:

$$\frac{1}{\sqrt{(x+y)(x+z)}} + \frac{1}{\sqrt{(y+z)(y+x)}} + \frac{1}{\sqrt{(z+x)(z+y)}} \leq \frac{(\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x})^2}{4(xy+yz+zx)}$$

□

Proof of 10.

In $\triangle ABC$ the following relationship holds:

$$\frac{1}{a^2} + \frac{1}{b^2} + \frac{1}{c^2} \geq \frac{1}{2Rr} \quad (\text{Steinig})$$

Replace the values of a, b, c, r, R with Conway's substitutions:

$$\frac{1}{x+y} + \frac{1}{y+z} + \frac{1}{z+x} \geq \frac{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}}{\sqrt{(x+y)(y+z)(z+x)}}$$

□

Proof of 11.

In $\triangle ABC$ the following relationship holds:

$$\frac{1}{a^2} + \frac{1}{b^2} + \frac{1}{c^2} \leq \frac{1}{4r^2} \quad (\text{Steinig})$$

Replace the values of a, b, c, r, R with Conway's substitutions:

$$\frac{1}{x+y} + \frac{1}{y+z} + \frac{1}{z+x} \leq \frac{(\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x})^2}{4(xy+yz+zx)}$$

□

Proof of 12.

In $\triangle ABC$ the following relationship holds:

$$\frac{b}{c} + \frac{c}{b} \leq \frac{R}{r} \quad (\text{Băndilă})$$

Replace the value of b, c, r, R with Conway's substitutions:

$$\sqrt{\frac{x+y}{x+z}} + \sqrt{\frac{x+z}{x+y}} \leq \frac{(\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x})\sqrt{(x+y)(y+z)(z+x)}}{2(xy+yz+zx)}$$

□

Proof of 13.

In $\triangle ABC$ the following relationship holds:

$$a^2 + b^2 + c^2 \geq 36r^2 \text{ (Neuberg)}$$

Replace the values of a, b, c, r with Conway's substitutions:

$$(x + y + z)(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2 \geq 18(xy + yz + zx)$$

□

Proof of 14.

In $\triangle ABC$ the following relationship holds:

$$ab + bc + ca \geq 36r^2 \text{ (Leuenberger)}$$

Replace the values of a, b, c, r with Conway's substitutions:

$$\sqrt{(x + y)(x + z)} + \sqrt{(y + z)(y + x)} + \sqrt{(z + x)(z + y)} \geq \frac{36(xy + yz + zx)}{(\sqrt{x + y} + \sqrt{y + z} + \sqrt{z + x})^2}$$

□

Proof of 15.

In $\triangle ABC$ the following relationship holds:

$$ab + bc + ca \leq 9R^2 \text{ (Leuenberger)}$$

Replace the values of a, b, c, R with Conway's substitutions:

$$\sqrt{(x + y)(x + z)} + \sqrt{(y + z)(y + x)} + \sqrt{(z + x)(z + y)} \leq \frac{9(x + y)(y + z)(z + x)}{4(xy + yz + zx)}$$

□

Proof of 16.

In $\triangle ABC$ the following relationship holds:

$$ab + bc + ca \geq 4\sqrt{3}F \text{ (Gordon)}$$

Replace the values of a, b, c, F with Conway's substitutions:

$$\sqrt{(x + y)(x + z)} + \sqrt{(y + z)(y + x)} + \sqrt{(z + x)(z + y)} \geq 2\sqrt{3(xy + yz + zx)}$$

□

Proof of 17.

In $\triangle ABC$ the following relationship holds:

$$a^4 + b^4 + c^4 \geq 16F^2 \text{ (Goldner)}$$

Replace the values of a, b, c, F with Conway's substitutions:

$$(\sqrt{x + y})^4 + (\sqrt{y + z})^4 + (\sqrt{z + x})^4 \geq 16 \cdot \frac{1}{4}(xy + yz + zx)$$

$$(x + y)^2 + (y + z)^2 + (z + x)^2 \geq 4(xy + yz + zx)$$

$$x^2 + y^2 + z^2 \geq xy + yz + zx$$

□

Proof of 18.

In $\triangle ABC$ the following relationship holds:

$$a^2b^2 + b^2c^2 + c^2a^2 \geq 16F^2 \text{ (Goldner)}$$

Replace the values of a, b, c, F with Conway's substitutions:

$$(x+y)(x+z) + (y+z)(y+x) + (z+x)(z+y) \geq 4(xy + yz + zx)$$

□

Proof of 19.

In $\triangle ABC$ the following relationship holds:

$$\frac{9abc}{a+b+c} \geq 4\sqrt{3}F \text{ (Curry)}$$

Replace the values of a, b, c, F with Conway's substitutions:

$$\frac{9\sqrt{(x+y)(y+z)(z+x)}}{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}} \geq 2\sqrt{3(xy + yz + zx)}$$

□

Proof of 20.

In $\triangle ABC$ the following relationship holds:

$$s\sqrt{3} \leq 4R + r \text{ (Doucet)}$$

Replace the values of s, R, r with Conway's substitutions:

$$\sqrt{3}(\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}) \leq 4\sqrt{\frac{(x+y)(y+z)(z+x)}{xy + yz + zx}} + \frac{2\sqrt{xy + yz + zx}}{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}}$$

□

Proof of 21.

In $\triangle ABC$ the following relationship holds

$$m_a + m_b + m_c \geq 9r \text{ (Gotman)}$$

Replace the values of m_a, m_b, m_c with Conway's substitutions:

$$\sqrt{x + \frac{y+z}{4}} + \sqrt{y + \frac{z+x}{4}} + \sqrt{z + \frac{x+y}{4}} \geq \frac{9\sqrt{xy + yz + zx}}{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}}$$

□

Proof of 22.

In $\triangle ABC$ the following relationship holds:

$$m_a + m_b + m_c \leq \frac{9R}{2} \text{ (Gotman)}$$

Replace the values of m_a, m_b, m_c, R with Conway's substitutions:

$$\sqrt{x + \frac{y+z}{4}} + \sqrt{y + \frac{z+x}{4}} + \sqrt{z + \frac{x+y}{4}} \leq \frac{9\sqrt{(x+y)(y+z)(z+x)}}{4\sqrt{xy + yz + zx}}$$

□

Proof of 23.

In $\triangle ABC$ the following relationship holds:

$$\frac{3}{\frac{1}{h_a} + \frac{1}{h_b} + \frac{1}{h_c}} \leq \sqrt[4]{3F^2} \text{ (Makowski)}$$

Replace the values of h_a, h_b, h_c, F with Conway's substitutions:

$$\frac{3\sqrt{xy + yz + zx}}{\sqrt{x+y} + \sqrt{y+z} + \sqrt{z+x}} \leq \sqrt[4]{\frac{3}{4}(xy + yz + zx)}$$

□

Observations:

Recall these famous inequalities in triangles: (a, b, c - sides; r, R - inradii, circumradii, F - area, h_a, h_b, h_c - altitudes; m_a, m_b, m_c - medians; s - semiperimeter)

1. $R \geq 2r$ (EULER)
2. $s \geq 3\sqrt{3}r$ (MITRINOVIC I)
3. $s \leq \frac{3\sqrt{3}}{2}R$ (MITRINOVICI II)
4. $a^2 + b^2 + c^2 \leq 9R^2$ (LEIBNIZ)
5. $a^2 + b^2 + c^2 \geq 4\sqrt{3}F$ (IONESCU-WEITZENBOCK)
6. $\frac{1}{a} + \frac{1}{b} + \frac{1}{c} \geq \frac{\sqrt{3}}{R}$ (LEUENBERGER I)
7. $\frac{1}{a} + \frac{1}{b} + \frac{1}{c} \leq \frac{\sqrt{3}}{2r}$ (LEUENBERGER II)
8. $\frac{1}{ab} + \frac{1}{bc} + \frac{1}{ca} \geq \frac{1}{R^2}$ (LEUENBERGER III)
9. $\frac{1}{ab} + \frac{1}{bc} + \frac{1}{ca} \leq \frac{1}{4r^2}$ (LEUENBERGER IV)
10. $\frac{1}{a^2} + \frac{1}{b^2} + \frac{1}{c^2} \geq \frac{1}{2Rr}$ (STEINIG I)
11. $\frac{1}{a^2} + \frac{1}{b^2} + \frac{1}{c^2} \leq \frac{1}{4r^2}$ (STEINIG II)
12. $\frac{b}{c} + \frac{c}{b} \leq \frac{R}{r}$ (BĂNDILĂ)
13. $a^2 + b^2 + c^2 \geq 36r^2$ (NEUBERG)
14. $ab + bc + ca \geq 36r^2$ (LEUENBERGER V)
15. $ab + bc + ca \leq 9R^2$ (LEUENBERGER VI)
16. $ab + bc + ca \geq 4\sqrt{3}F$ (GORDON)
17. $a^4 + b^4 + c^4 \geq 16F^2$ (GOLDNER I)
18. $a^2b^2 + b^2c^2 + c^2a^2 \geq 16F^2$ (GOLDNER II)
19. $\frac{9abc}{a+b+c} \geq 4F\sqrt{3}$ (CURRY)
20. $s\sqrt{3} \leq 4R + r$ (DOUCET)
21. $m_a + m_b + m_c \geq 9r$ (GOTMAN I)
22. $m_a + m_b + m_c \leq \frac{9R}{2}$ (GOTMAN II)
23. $\frac{3}{\frac{1}{h_a} + \frac{1}{h_b} + \frac{1}{h_c}} \leq \sqrt[4]{3F^2}$ (MAKOWSKI)

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