

ROMANIAN MATHEMATICAL MAGAZINE

In $\triangle ABC$ the following relationship holds:

$$3\sqrt{3} \cdot \frac{2r}{R} \leq \sum \left(\frac{1}{b} + \frac{1}{c} \right) h_a \leq 3\sqrt{3}$$

Proposed by Marin Chirciu-Romania

Solution by Tapas Das-India

$$\begin{aligned} \sum \left(\frac{1}{b} + \frac{1}{c} \right) h_a &= \sum \left(\frac{1}{b} + \frac{1}{c} \right) \frac{bc}{2R} = \frac{1}{2R} \sum (b+c) = \frac{2(a+b+c)}{2R} = \\ &= \frac{2s}{R} \stackrel{\text{Mitrinovic}}{\leq} 2 \cdot \frac{3\sqrt{3}R}{2R} = 3\sqrt{3} \end{aligned}$$

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Equality holds for an equilateral triangle