

**PP44295**

MIHÁLY BENCZE - ROMANIA

In all triangles  $ABC$  holds:

$$9r(2R - r) \leq \sum_{cyc} m_a^2 \leq 3(2R^2 + r^2)$$

*Solution by Daniel Sitaru, Claudia Nănuți.*

$$\begin{aligned} \sum_{cyc} m_a^2 &= \frac{3}{4}(a^2 + b^2 + c^2) = \frac{3}{4} \cdot 2(s^2 - r^2 - 4Rr) = \\ &= \frac{3}{2}(s^2 - r^2 - 4Rr) \end{aligned}$$

Remains to prove:

$$9r(2R - r) \stackrel{(1)}{\leq} \frac{3}{2}(s^2 - r^2 - 4Rr) \stackrel{(2)}{\leq} 3(2R^2 + r^2)$$

For (1):

$$\begin{aligned} 9r(2R - r) &\leq \frac{3}{2}(s^2 - r^2 - 4Rr) \\ 2(18Rr - 9r^2) &\leq 3(s^2 - r^2 - 4Rr) \\ 36Rr - 18r^2 &\leq 3s^2 - 3r^2 - 12Rr \\ 3s^2 &\geq 36Rr - 18r^2 + 3r^2 + 12Rr \\ 3s^2 &\geq 48Rr - 15r^2 \\ s^2 &\geq 16Rr - 5r^2 \quad (\text{Gerretsen}) \end{aligned}$$

For (2):

$$\begin{aligned} \frac{3}{2}(s^2 - r^2 - 4Rr) &\leq 3(2R^2 + r^2) \\ s^2 - r^2 - 4Rr &\leq 4R^2 + 2r^2 \\ s^2 &\leq 4R^2 + 4Rr + 3r^2 \quad (\text{Gerretsen}) \end{aligned}$$

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