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In ΔABC the following relationship holds:

$$h_a + h_b + h_c \geq \sqrt{\frac{2r}{R}} (w_a + w_b + w_c)$$

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$$\begin{aligned} \frac{w_a}{h_a} &= \frac{2\sqrt{bc \cdot s(s-a)}}{b+c} \frac{2R}{bc} = \frac{4R\sqrt{s(s-a)}}{\sqrt{bc}(2s-a)} = \frac{4R\sqrt{s(s-a)}}{\sqrt{bc}(2(s-a)+a)} \stackrel{AM-GM}{\leq} \\ &\leq \frac{4R\sqrt{s(s-a)}}{\sqrt{bc}2\sqrt{2(s-a) \cdot a}} = \frac{2R\sqrt{s}}{\sqrt{2abc}} = \frac{2R\sqrt{s}}{\sqrt{8Rrs}} = \sqrt{\frac{R}{2r}} \quad (1) \end{aligned}$$

$$\begin{aligned} \sqrt{\frac{2r}{R}} (w_a + w_b + w_c) &= \sqrt{\frac{2r}{R}} w_a + \sqrt{\frac{2r}{R}} w_b + \sqrt{\frac{2r}{R}} w_c \stackrel{(1)}{\leq} \\ &\leq \frac{h_a}{w_a} \cdot w_a + \frac{h_b}{w_b} \cdot w_b + \frac{h_c}{w_c} \cdot w_c = h_a + h_b + h_c \end{aligned}$$

Equality holds for $a = b = c$