275. H-Index II

Description

Given an array of integers `citations` where `citations[i]` is the number of citations a researcher received for their `i th` paper and `citations` is sorted in **ascending order**, return *the researcher's h-index*.

According to the definition of h-index on Wikipedia: The h-index is defined as the maximum value of `h` such that the given researcher has published at least `h` papers that have each been cited at least `h` times.

You must write an algorithm that runs in logarithmic time.

Example 1:

```
Input: citations = [0,1,3,5,6]
Output: 3
Explanation: [0,1,3,5,6] means the researcher has 5 papers in total and each of them had received 0, 1, 3, 5, 6 citations respectively.
Since the researcher has 3 papers with at least 3 citations each and the remaining two with no more than 3 citations each, their h-index is 3.
```

Example 2:

```
Input: citations = [1,2,100]
Output: 2
```

Constraints:

- `n == citations.length`
- `1 <= n <= 10 5`
- `0 <= citations[i] <= 1000`
- `citations` is sorted in **ascending order**.