① Найти расстояние между поверхностями

$$\frac{x^2}{25} + \frac{y^2}{16} + \frac{z^2}{9} = 1 \qquad \text{и} \qquad x^2 + y^2 + z^2 = 4$$

②
$$\int_0^{2\pi} \int_0^{2\pi} \left(\left(\frac{\partial u}{\partial x}\right)^2 + \left(\frac{\partial u}{\partial y}\right)^2 + 4u \sin\frac{y}{4} \right) dx\, dy = J[u]$$

$$u\Big|_{y=0} = 0, \qquad \frac{\partial u}{\partial x}\Big|_{x=0} = \sin\frac{5y}{4}$$