$$\frac{1}{2} = \frac{16m^2}{R} = \frac{2mr^2}{2r} - \frac{6m^2}{2r}$$

$$-\frac{6m}{R} = \frac{r^2}{2r} \cdot \frac{6m}{2r}$$

$$-\frac{6m}{R} = \frac{r^2}{2r} \cdot \frac{6m}{2r}$$

$$\frac{1}{2r} = \sqrt{6m} \cdot \frac{1}{2r} - \frac{1}{R}$$

$$\frac{1}{\sqrt{2rR}} = \sqrt{6m} \cdot \frac{1}{2r}$$

$$\frac{1}{\sqrt{2rR}} = \sqrt{2rR}$$

$$\frac{1}{\sqrt{2rR}} = \sqrt$$

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