Formulas1

$$f_{\mathrm{INT}} = \frac{f_{\mathrm{IN}}}{M}$$
$$f_{\mathrm{VCO}} = f_{\mathrm{INT}} \times N$$
$$f_{\mathrm{OUT}} = \frac{f_{\mathrm{VCO}}}{P}$$
$$f_{\mathrm{OUT}} \leq 216\,MHz$$
$$100\,MHz \leq f_{\mathrm{VCO}} \leq 432\,MHz$$
$$1\,MHz \leq f_{\mathrm{INT}} \leq 2\,MHz$$

f_{"INT"} = f_{"IN"} over M newline
f_{"VCO"} = f_{"INT"} times N newline
f_{"OUT"} = f_{"VCO"} over P newline
f_{"OUT"} " " <= " " 216 MHz newline
100 MHz " " <= f_{"VCO"} <= " " 432 MHz newline
1 MHz " " <= f_{"INT"} <= " " 2 MHz