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$$a = \sqrt{m^2 + r^2 + 2rm \cos \theta}$$
$$b = \sqrt{1 + r^2 - 2r \cos \theta}$$

$z = \left(u - \frac{1}{a} - \frac{m}{b} - r^2 \right)$

$0 \leq r \leq 3$

$0 \leq \theta \leq \pi$

$m = 0.25$

$0 \dots 1$

$u = 2.894$

$1.9 \dots 3.2$

