$\frac{2.8a_{\rm in}}{1 - e_{\rm out}} \left[\left(1 + \frac{m_3}{m_{\rm in}} \right) \frac{1 + e_{\rm out}}{\sqrt{1 - e_{\rm out}}} \right]^{\frac{2}{5}} < a_{\rm out} < \left[\frac{3a_{\rm in}^4 m_3 c^2 \left(1 - e_{\rm in}^2 \right)^{3/2}}{4Gm_{\rm in}^2 \left(1 - e_{\rm out}^2 \right)^{3/2}} \right]^{\frac{1}{10}}$