

44. Angular momentum conservation $I_i\omega_i = I_f\omega_f$ leads to

$$\frac{\omega_f}{\omega_i} = \frac{I_i}{I_f}\omega_i = 3$$

which implies

$$\frac{K_f}{K_i} = \frac{\frac{1}{2}I_f\omega_f^2}{\frac{1}{2}I_i\omega_i^2} = \frac{I_f}{I_i} \left(\frac{\omega_f}{\omega_i} \right)^2 = 3 .$$