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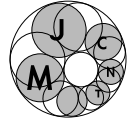
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On certain moments of Hardy's function $Z(t)$ over short intervals

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Abstract: Let as usual $Z(t) = \zeta(\frac{1}{2} + it)\chi^{-1/2}(\frac{1}{2} + it)$ denote Hardy's function, where $\zeta(s) = \chi(s)\zeta(1-s)$. Assuming the Riemann hypothesis upper and lower bounds for some integrals involving $Z(t)$ and $Z'(t)$ are proved. It is also proved that

$$H(\log T)^{k^2} \ll_{k,\alpha} \sum_{T < \gamma \leq T+H} \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |\zeta(\frac{1}{2} + i\tau_\gamma)|^{2k} \ll_{k,\alpha} H(\log T)^{k^2}.$$

Here $k > 1$ is a fixed integer, γ, γ^+ denote ordinates of consecutive complex zeros of $\zeta(s)$ and $T^\alpha \leq H \leq T$, where α is a fixed constant such that $0 < \alpha \leq 1$. This sharpens and generalizes a result of M. B. Milinovich [17].

Keywords: Riemann zeta-function, Riemann Hypothesis, Hardy's function, moments, short intervals

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1. Introduction

Let the Riemann zeta-function be, as usual,

$$\zeta(s) = \sum_{n=1}^{\infty} n^{-s} \quad (\operatorname{Re} s > 1).$$

For $\operatorname{Re} s \leq 1$ one defines $\zeta(s)$ by analytic continuation (see the monographs of H. M. Edwards [3], the author [11] and E. C. Titchmarsh [20] for the properties

of $\zeta(s)$. Here the Riemann Hypothesis (RH), that all complex zeros of $\zeta(s)$ satisfy $\text{Re } s = \frac{1}{2}$, is assumed *throughout the paper*. The Riemann zeta-function satisfies the functional equation

$$(1.1) \quad \zeta(s) = \chi(s)\zeta(1-s) \quad (\forall s \in \mathbb{C}), \quad \chi(s) := \frac{\Gamma(\frac{1}{2}(1-s))}{\Gamma(\frac{1}{2}s)}\pi^{s-1/2},$$

where $\Gamma(s)$ is the familiar gamma-function. One then defines Hardy’s function $Z(t)$ as

$$(1.2) \quad Z(t) := \zeta(\frac{1}{2} + it)(\chi(\frac{1}{2} + it))^{-1/2},$$

which is real for t real and $|\zeta(\frac{1}{2} + it)| = |Z(t)|$. Thus the real zeros of $Z(t)$ correspond to the zeros of $\zeta(s)$ of the form $\frac{1}{2} + it$, which makes Hardy’s function an invaluable tool in the study of zeros of $\zeta(s)$ on the critical line $\text{Re } s = \frac{1}{2}$. For an extensive account on $Z(t)$ the reader is referred to the author’s monograph [16].

Several papers deal with the estimation of the sum

$$(1.3) \quad \mathcal{M}_k(T) := \frac{1}{N(T)} \sum_{0 < \gamma \leq T} \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |\zeta(\frac{1}{2} + i\tau_\gamma)|^{2k} \equiv \frac{1}{N(T)} \sum_{0 < \gamma \leq T} \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |Z(\tau_\gamma)|^{2k}.$$

Here $k \in \mathbb{N}$ is fixed, and γ, γ^+ denote ordinates of consecutive complex zeros of $\zeta(s)$, ordered according to their size. Also, as usual,

$$(1.4) \quad N(T) = \sum_{0 < \gamma \leq T} 1 = \frac{T}{2\pi} \log \frac{T}{2\pi} - \frac{T}{2\pi} + O(\log T)$$

counts (with multiplicities) the number of zeros of $\zeta(s)$ whose ordinates γ satisfy $0 < \gamma \leq T$.

In [2] B. Conrey and A. Ghosh proved, under the RH,

$$(1.5) \quad \mathcal{M}_1(T) = \frac{e^2 - 5}{2} \log T + O(1).$$

Actually, they prove a somewhat stronger result than (1.5), namely

$$(1.6) \quad \sum_{T < \gamma \leq T+H} \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |\zeta(\frac{1}{2} + i\tau_\gamma)|^2 = \frac{e^2 - 5}{4\pi} H \log^2 T + O(H \log T)$$

with $H = T^{3/4}$. This follows from their proof on noting that (1.4) implies

$$N(T+H) - N(T) \sim \frac{H}{2\pi} \log T \quad (T \rightarrow \infty).$$

B. Conrey [1] obtained, also under the RH,

$$(1.7) \quad \frac{\sqrt{21}}{45\pi} (1 + o(1)) \log^4 T \leq \mathcal{M}_2(T) \leq \frac{1 + o(1)}{\pi\sqrt{15}} \log^4 T \quad (T \rightarrow \infty),$$

and R. R. Hall [4], [5] obtained some further improvements of (1.7). A general result, due to M. B. Milinovich [17], states that under the RH, for fixed $k \in \mathbb{N}$

$$(1.8) \quad (\log T)^{k^2 - \varepsilon} \ll_{k,\varepsilon} \mathcal{M}_k(T) \ll_{k,\varepsilon} (\log T)^{k^2 + \varepsilon}.$$

Here $\ll_{k,\varepsilon}$ means that the constant implied by the \ll -symbol depends only on k and ε , an arbitrarily small positive number, not necessarily the same one at each occurrence. The bounds in (1.8), when $k = 1, 2$, are implied by (1.6) and (1.7), respectively.

2. Statement of results

Milinovich [17] derives (1.8) from upper and lower bounds involving certain integrals with $Z(t)$ and $Z'(t)$, which seem to be of independent interest. He investigated integrals over the "long" interval $[0, T]$, but here we are interested in the integrals over the "short" intervals $[T, T+H]$, where $H = H(T)$ may be much smaller than T . We shall prove here the following theorems.

THEOREM 1. *Let $k \geq 2$ be a fixed integer. Under the RH we have, for $T^\alpha \leq H = H(T) \leq T$, $0 < \alpha \leq 1$ a fixed constant,*

$$(2.1) \quad \int_T^{T+H} (Z'(t))^2 Z^{2k-2}(t) dt \gg_{k,\alpha} H (\log T)^{k^2+2}.$$

THEOREM 2. *Let $k \in \mathbb{N}$ be fixed. Under the RH we have, for $T^\alpha \leq H = H(T) \leq T$, $0 < \alpha \leq 1$ a fixed constant,*

$$(2.2) \quad \int_T^{T+H} |\zeta'(\tfrac{1}{2} + it)|^{2k} dt \ll_{k,\alpha} H (\log T)^{k^2+2},$$

and

$$(2.3) \quad \int_T^{T+H} (Z'(t))^{2k} dt \ll_{k,\alpha} H(\log T)^{k^2+2}.$$

These bounds differ from the analogous results of [17] in two aspects. Firstly, Milinovich has the integrals over $[0, T]$, which corresponds to the case $H = T$ in our theorems. Indeed, if (2.1)–(2.3) hold with $H = T$, then replacing T by $T/2, T/2^2, \dots$ etc. and adding up all the results we obtain (2.1)–(2.3) with the interval of integration $[0, T]$. Secondly, in (2.1) Milinovich obtained $k^2 + 2 - \varepsilon$ as the exponent of the logarithm, and in (2.2) and (2.3) he had the exponents $k^2 + 2 + \varepsilon$ of the logarithm. He remarks on page 1122 that one can get rid of the ε 's in his bounds provided that one has

$$(2.4) \quad \int_0^T |\zeta(\frac{1}{2} + it)|^{2k} dt \ll_k T(\log T)^{k^2}$$

and

$$(2.5) \quad \int_0^T |\zeta'(\frac{1}{2} + it)|^{2k} dt \ll_k T(\log T)^{k^2+2k}.$$

The estimates (2.4) and (2.5) do hold indeed. Namely K. Soundararajan [19] proved (2.4) with the exponent of $\log T$ in (2.4) equal to $k^2 + \varepsilon$. The author [15] improved and sharpened Soundararajan's bound by showing that

$$(2.6) \quad \int_T^{T+H} |\zeta(\frac{1}{2} + it)|^{2k} dt \ll_{k,\alpha} H(\log T)^{k^2(1+O(1/\log_3 T))} \quad (\text{RH}).$$

Here $T^\alpha \leq H \leq T$ where $0 < \alpha \leq 1$ is a fixed number, and

$$\log_3 T = \log \log \log T = \log(\log_2 T).$$

Note that [15] appeared before [19] because of the backlog of "Ann. Math." The key result in [15], which is a proper generalization of the corresponding result in [19], is

THEOREM A. Let $H = T^\theta$ where $0 < \theta \leq 1$ is a fixed number, and let $\mu(T, H, V)$ denote the measure of points t from $[T - H, T + H]$ such that

$$\log |\zeta(\tfrac{1}{2} + it)| \geq V, \quad 10\sqrt{\log_2 T} \leq V \leq \frac{3 \log 2T}{8 \log_2(2T)}.$$

Then, under the RH, for $10\sqrt{\log_2 T} \leq V \leq \log_2 T$ we have

$$\mu(T, H, V) \ll H \frac{V}{\sqrt{\log_2 T}} \exp\left(-\frac{V^2}{\log_2 T} \left(1 - \frac{7}{2\theta \log_3 T}\right)\right),$$

for $\log_2 T \leq V \leq \frac{1}{2}\theta \log_2 T \log_3 T$ we have

$$\mu(T, H, V) \ll H \exp\left(-\frac{V^2}{\log_2 T} \left(1 - \frac{7V}{4\theta \log_2 T \log_3 T}\right)^2\right),$$

and for $\frac{1}{2}\theta \log_2 T \log_3 T \leq V \leq \frac{3 \log 2T}{8 \log_2(2T)}$ we have

$$\mu(T, H, V) \ll H \exp\left(-\frac{1}{20}\theta V \log V\right).$$

Later A. Harper [9] (RH) improved the upper bound in [19] by establishing (2.4) for the long interval $[0, T]$. As remarked in [9] on p. 4, the method of [15] leading to (2.6), i. e., Theorem A, can be combined with that of [9] to produce the sharp upper bound over the short interval $[T, T + H]$, namely

$$(2.7) \quad \int_T^{T+H} |\zeta(\tfrac{1}{2} + it)|^{2k} dt \ll_{k,\alpha} H(\log T)^{k^2} \quad (\text{RH}).$$

The bound in (2.7) is the key ingredient in the proof of our results. It is, up to the values of the \ll -constants, best possible, since long ago it was shown by R. Balasubramanian and K. Ramachandra (see the latter's monograph [18], in particular the remark on p. 45) that, if $k \geq 1$ is a fixed integer, then for $C(\varepsilon, k) \log \log T \leq H \leq T/2$ we have

$$(2.8) \quad \int_T^{T+H} |\zeta(\tfrac{1}{2} + it)|^{2k} dt \geq (C'_k - \varepsilon)H(\log H)^{k^2},$$

where

$$C'_k = \frac{1}{2\Gamma(k^2 + 1)} \prod_p \left\{ (1 - p^{-1})^{k^2} \sum_{m=0}^{\infty} \left(\frac{\Gamma(k+m)}{\Gamma(k)m!} \right)^2 p^{-m} \right\}.$$

We note that the lower bound in (2.8) is *unconditional*, with a very wide range for H . As for (2.5), it will be shown later that a corresponding result holds over $[T, T + H]$.

THEOREM 3. *Let $1 < k \in \mathbb{N}$ be fixed, γ, γ^+ denote ordinates of consecutive complex zeros of $\zeta(s)$ and $T^\alpha \leq H = H(T) \leq T$, where α is a fixed constant such that $0 < \alpha \leq 1$. Under the RH we have then*

$$(2.9) \quad H(\log T)^{k^2} \ll_{k,\alpha} \sum_{T < \gamma \leq T+H} \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |\zeta(\frac{1}{2} + i\tau_\gamma)|^{2k} \ll_{k,\alpha} H(\log T)^{k^2}.$$

Remark. *The case $k = 1$ was treated in [2] (see (1.6)) and is not covered by Theorem 3. This is because Theorem 1 does not cover the case $k = 1$. The method of its proof (see (3.4)) does not work in obtaining a lower bound for*

$$\int_T^{T+H} |Z'(t)Z(t)|dt.$$

3. Proof of Theorem 1

As was also done in [17], we follow Conrey and Ghosh [2], and introduce the analytic function

$$(3.1) \quad Z_1(s) := \zeta'(s) - \frac{\chi'(s)}{2\chi(s)}\zeta(s).$$

Its usefulness comes from the fact that differentiation of (1.2) gives

$$(3.2) \quad Z'(t) = i \left\{ \zeta'(\frac{1}{2} + it) - \frac{1}{2} \frac{\chi'(\frac{1}{2} + it)}{\chi(\frac{1}{2} + it)} \zeta(\frac{1}{2} + it) \right\} \chi^{-1/2}(\frac{1}{2} + it).$$

This gives

$$(3.3) \quad |Z'(t)| = |Z_1(\frac{1}{2} + it)|.$$

Using (3.3) and $|Z(t)| = |\zeta(\frac{1}{2} + it)|$ one may write

$$(3.4) \quad \int_T^{T+H} (Z'(t))^2 Z^{2k-2}(t) dt = \int_T^{T+H} \left| Z_1(\frac{1}{2} + it) \zeta(\frac{1}{2} + it)^{k-1} \right|^2 dt.$$

The basic idea is to use the inequality

$$(3.5) \quad \left| \int_T^{T+H} Z_1(\frac{1}{2} + it) \zeta(\frac{1}{2} + it)^{k-1} \bar{A}(t) dt \right|^2 \\ \leq \int_T^{T+H} (Z'(t))^2 Z^{2k-2}(t) dt \cdot \int_T^{T+H} |A(t)|^2 dt.$$

This comes on using (3.4) and the Cauchy-Schwarz inequality for integrals with a suitably chosen function $A(t)$. Following [17] we set

$$A(t) := \mathcal{A}(\frac{1}{2} + it), \quad \mathcal{A}(s) = \mathcal{A}(s; k, \xi) := \sum_{n \leq \xi} d_k(n) n^{-s},$$

where $d_k(n)$ (generated by $\zeta^k(s)$ for $\text{Re } s > 1$) is the (generalized) divisor function which represents the number of ways n can be written as a product of k fixed factors (see e. g., Chapter 13 of [11] for more properties). The parameter ξ is given by $\xi = T^\theta$, $0 < \theta < 1$. The function $A(t)$ has the property that in mean square it behaves like $(\log \xi)^{k^2}$ (see Chapter 13 of [11]). Therefore, by the mean value theorem for Dirichlet polynomials (see e. g., Theorem 5.2 of [11]), we have

$$(3.6) \quad \int_T^{T+H} |A(t)|^2 dt = H \sum_{n \leq \xi} d_k^2(n) n^{-1} + O\left(\sum_{n \leq \xi} d_k^2(n) \right) \\ = H(C_k + o(1))(\log \xi)^{k^2} + O(\xi(\log \xi)^{k^2-1})$$

for $2 \leq \xi \leq T$ and a positive constant C_k , which may be made explicit. It remains to estimate from below

$$\begin{aligned}
 & \int_T^{T+H} Z_1\left(\frac{1}{2} + it\right) \zeta\left(\frac{1}{2} + it\right)^{k-1} \bar{A}(t) dt \\
 (3.7) \quad &= \frac{1}{i} \int_{1/2+iT}^{1/2+iT+iH} Z_1(s) \zeta^k(s) \mathcal{A}(1-s) ds \\
 &= \int_{a+iT}^{a+iT+iH} \frac{1}{i} Z_1(s) \zeta^k(s) \mathcal{A}(1-s) ds + O_\varepsilon(T^\varepsilon \xi).
 \end{aligned}$$

Here we used Cauchy's theorem and set $a := 1 + 1/\log T$. We also used standard consequences of the RH (see Chapter 12 of [20]):

$$\zeta(s) \ll_{\varepsilon, \sigma} |t|^\varepsilon, \quad \zeta'(s) \ll_{\varepsilon, \sigma} |t|^\varepsilon \quad (s = \sigma + it, \sigma \geq \tfrac{1}{2}),$$

as well as the unconditional, elementary bound $d_k(n) \ll_{\varepsilon, k} n^\varepsilon$ and

$$(3.8) \quad \frac{\chi'(\sigma + it)}{\chi(\sigma + it)} = -\log \frac{t}{2\pi} + O\left(\frac{1}{t}\right).$$

One obtains (3.8) by logarithmic differentiation of (1.1) and the use of Stirling's formula for the gamma-function. It is valid for $\frac{1}{2} \leq \operatorname{Re} s \leq 2$, and the O -term in (3.8) in fact admits a full asymptotic expansion in terms of negative exponents of t , and the left-hand side of (3.8) can be further differentiated. The integral on the right-hand side of (3.7) is written as $J_1 + J_2$, where

$$\begin{aligned}
 J_1 &:= \frac{1}{i} \int_{a+iT}^{a+iT+iH} \zeta'(s) \zeta^{k-1}(s) \mathcal{A}(1-s) ds, \\
 J_2 &:= -\frac{1}{2i} \int_{a+iT}^{a+iT+iH} \frac{\chi'(s)}{\chi(s)} \zeta^k(s) \mathcal{A}(1-s) ds.
 \end{aligned}$$

Similarly as in [17] one shows that

$$J_1 = -H \sum_{n \leq \xi} \tilde{d}_k(n) d_k(n) n^{-1} + O(T^\varepsilon \xi)$$

with

$$\tilde{d}_k(n) := \sum_{\delta|n} d_{k-1}(\delta) \log \frac{n}{\delta} \leq d_k(n) \log n,$$

and

$$J_2 = \frac{1}{2} H \left(\log \frac{T}{2\pi e} \right) \sum_{n \leq \xi} d_k^2(n) n^{-1} + O(T^\varepsilon \xi).$$

This yields

$$\begin{aligned} & \int_T^{T+H} Z_1\left(\frac{1}{2} + it\right) \zeta\left(\frac{1}{2} + it\right)^{k-1} \bar{A}(t) dt = J_1 + J_2 + O(T^\varepsilon \xi) \\ & = -H \sum_{n \leq \xi} \tilde{d}_k(n) d_k(n) n^{-1} + O(T^\varepsilon \xi) + \frac{1}{2} H \log \frac{T}{2\pi} (1 + o(1)) \sum_{n \leq \xi} d_k^2(n) n^{-1} \\ & \geq -H \sum_{n \leq \xi} d_k^2(n) n^{-1} \log n + \frac{1}{2} H \log \frac{T}{2\pi} (1 + o(1)) \sum_{n \leq \xi} d_k^2(n) n^{-1} + O(T^\varepsilon \xi) \\ & \geq \left\{ \frac{1}{2} H (1 + o(1)) \log \frac{T}{2\pi} - H \log \xi \right\} \sum_{n \leq \xi} d_k^2(n) n^{-1} + O(T^\varepsilon \xi) \\ & \geq A_k H \log T \cdot (\log \xi)^{k^2} \end{aligned}$$

for $\xi = T^\theta$, $\theta = \frac{1}{2}\alpha$ and ε sufficiently small. From (3.5) and (3.6) we finally gather that

$$H^2 \log^2 T (\log T)^{2k^2} \ll_{k,\alpha} \int_T^{T+H} (Z'(t))^2 Z^{2k-2}(t) dt \cdot H (\log T)^{k^2},$$

and (2.1) of Theorem 1 follows.

4. Proof of Theorem 2

First note that, for $0 < R \leq \frac{1}{2}$, $T \leq t \leq 2T$, by Cauchy's integral formula we have

$$\zeta'(\tfrac{1}{2} + it) = \frac{1}{2\pi i} \int_{|z|=R} \frac{\zeta(\tfrac{1}{2} + it + z)}{z^2} dz.$$

This yields

$$(4.1) \quad \int_T^{T+H} |\zeta'(\tfrac{1}{2} + it)|^{2k} dt = \frac{1}{(2\pi)^{2k}} \int_T^{T+H} \left| \int_{|z|=R} \frac{\zeta(\tfrac{1}{2} + it + z)}{z^2} dz \right|^{2k} dt.$$

By Hölder's inequality for integrals the right-hand side of (4.1) does not exceed

$$\begin{aligned} & \frac{1}{(2\pi)^{2k}} \int_T^{T+H} \left\{ \int_{|z|=R} |\zeta(\tfrac{1}{2} + it + z)|^{2k} |dz| \right\} \cdot \left\{ \frac{|dz|}{|z|^{4k/(2k-1)}} \right\}^{2k-1} dt \\ & \leq \frac{1}{(2\pi)^{2k}} \int_T^{T+H} \left\{ \int_{|z|=R} |\zeta(\tfrac{1}{2} + it + z)|^{2k} |dz| \right\} (2\pi R)^{2k-1} R^{-4k} \\ & \leq \frac{1}{R^{2k}} \max_{0 \leq \theta \leq 2\pi} \int_T^{T+H} |\zeta(\tfrac{1}{2} + it + Re^{i\theta})|^{2k} dt. \end{aligned}$$

Therefore

$$(4.2) \quad \int_T^{T+H} |\zeta'(\tfrac{1}{2} + it)|^{2k} dt \leq \frac{1}{R^{2k}} \max_{0 \leq \theta \leq 2\pi} \int_T^{T+H} |\zeta(\tfrac{1}{2} + it + Re^{i\theta})|^{2k} dt.$$

As in [17], we could have obtained an inequality for the ℓ -th derivative of $\zeta(\frac{1}{2} + it)$, but this is not necessary for our purposes.

Henceforth let $R = 1/\log T$ in (4.2). The integral on the right-hand side of (4.2) equals

$$(4.3) \quad \int_T^{T+H} |\zeta(\tfrac{1}{2} + R \cos \alpha + i(t + R \sin \alpha))|^{2k} dt.$$

Recall that, under the RH (see [20]),

$$(4.4) \quad \zeta(\sigma + it) \ll \exp\left(C \frac{\log t}{\log \log t}\right) \quad \left(\frac{1}{2} \leq \sigma \leq 1, C > 0, |t| \geq 2\right).$$

When $\cos \alpha \geq 0$ in (4.3), we use (4.4) to obtain that the integral in (4.3) is equal to

$$(4.5) \quad \int_T^{T+H} |\zeta(\frac{1}{2} + R \cos \alpha + it)|^{2k} dt + o(H).$$

When $\pi/2 \leq \theta \leq 3\pi/2$ in (4.5), that is, when $\cos \alpha \leq 0$, we use the functional equation (1.1). In this case we have, with $\sigma = \operatorname{Re} s = \frac{1}{2} + R \cos \alpha$, $R = 1/\log T$,

$$\chi(s) \ll |t|^{1/2-\sigma} \ll T^{-\cos \alpha / \log T} \ll 1,$$

thus we reduce the estimation of our integral to the case when $\cos \alpha \geq 0$. For this we shall use a convexity result which shows that essentially the integral in question is bounded by the $2k$ -th moment of $|\zeta(\frac{1}{2} + it)|$ over a short interval. More precisely, let $1/2 \leq \sigma \leq 3/4$, $k > 0$, $t \geq 2$,

$$(4.6) \quad J_k(\sigma) := \int_{-\infty}^{\infty} |\zeta(\sigma + it)|^{2k} w_k(t) dt, \quad w_k(t) := \int_T^{T+H} e^{-2k(t-\tau)^2} d\tau.$$

Then

$$(4.7) \quad J_k(\sigma) \ll T^{\sigma-1/2} \left(J_k(\frac{1}{2})\right)^{3/2-\sigma} + e^{-kT^2/4}.$$

The bound in (4.7) is the analogue of Lemma 4.2 of [17] for short intervals. This in turn is a result of D. R. Heath-Brown [10], which is also expounded in [12], pp. 321–323. In the original version the interval of integration in the kernel function $w_k(t)$ was $[T, 2T]$. However, the change made in (4.6) does not affect the proof, and one obtains (4.7). Now note that $w_k(t) \gg 1$ for $t \in [T, T+H]$, so that

$$(4.8) \quad \int_T^{T+H} |\zeta(\sigma + it)|^{2k} dt \ll J_k(\sigma).$$

We have the bound $w_k(t) \ll \exp(-2kH^2)$ when $t \leq T - H$ or $t \geq T + 2H$. On the other hand $w_k(t) \ll \exp(-kt^2)$ for $t < 0$ or $t > 3T$. Thus combining (4.7) and (4.8) it follows that

$$\begin{aligned}
 \int_T^{T+H} |\zeta(\sigma + it)|^{2k} dt &= \int_{-\infty}^0 + \int_0^{T-H} + \int_{T-H}^{T+2H} + \int_{T+2H}^{\infty} \\
 (4.9) \qquad \qquad \qquad &\ll 1 + \int_{T-H}^{T+2H} |\zeta(\frac{1}{2} + it)|^{2k} dt \\
 &\ll_{k,\alpha} H(\log T)^{k^2},
 \end{aligned}$$

where in the last step (2.7) was used. Inserting (4.9) in (4.2) the bound in (2.2) follows. The estimate (2.3) easily follows from (2.2), (2.9) and (3.2). Theorem 2 is proved.

5. Proof of Theorem 3

It is in the folklore that $Z(t)$, for $t \geq 14$, cannot have a negative local maximum or a positive local minimum under the RH. For this, see [3], or [13], [14], [6]. In other words, the zeros of $Z(t)$ and $Z'(t)$ are interlacing. Thus if γ, γ^+ are consecutive zeros of $Z(t)$, there is a unique point $\lambda_\gamma \in [\gamma, \gamma^+]$ for which $Z'(\lambda_\gamma) = 0$ (this is trivially true if $\gamma = \gamma^+$, that is, if γ is a multiple zero of $Z(t)$). Therefore

$$(5.1) \qquad \qquad \qquad \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |\zeta(\frac{1}{2} + i\tau_\gamma)|^{2k} = Z^{2k}(\lambda_\gamma).$$

Then, since $Z(t)$ is positive in (γ, λ_γ) and negative in $(\lambda_\gamma, \gamma^+)$, or conversely, we have

$$\begin{aligned}
 (5.2) \qquad \int_\gamma^{\gamma^+} |Z'(t)Z^{2k-1}(t)| dt &= \left| \int_\gamma^{\lambda_\gamma} Z'(t)Z^{2k-1}(t) dt - \int_{\lambda_\gamma}^{\gamma} Z'(t)Z^{2k-1}(t) dt \right| \\
 &= \frac{1}{k} Z^{2k}(\lambda_\gamma).
 \end{aligned}$$

Therefore (5.1) and (5.2) give, in view of (4.4),

$$(5.3) \quad \sum_{T < \gamma \leq T+H} \max_{\gamma \leq \tau_\gamma \leq \gamma^+} |\zeta(\frac{1}{2} + i\tau_\gamma)|^{2k} = k \int_T^{T+H} |Z'(t)Z^{2k-1}(t)| dt + O_{k,\varepsilon}(T^\varepsilon).$$

Assume that $k \geq 2$, so that $2k-2 \geq 2$. To bound the integral on the right-hand side of (5.3) from below, note that

$$|(Z')^2 Z^{2k-2}| = |Z'|^{1/2} |Z|^{k-1/2} \cdot |Z'|^{3/2} \cdot |Z|^{k-3/2}.$$

Thus Hölder's inequality for integrals shows that

$$\begin{aligned} & \int_T^{T+H} (Z'(t))^2 Z^{2k-2}(t) dt \leq \\ & \left(\int_T^{T+H} (|Z'|^{1/2} |Z|^{k-1/2})^p dt \right)^{\frac{1}{p}} \left(\int_T^{T+H} |Z'|^{3q/2} dt \right)^{\frac{1}{q}} \left(\int_T^{T+H} |Z|^{r(k-3/2)} dt \right)^{\frac{1}{r}} \end{aligned}$$

with $p, q, r > 0$, $1/p + 1/q + 1/r = 1$. Take

$$\frac{1}{p} = \frac{1}{2}, \quad \frac{1}{q} = \frac{3}{4k}, \quad \frac{1}{r} = \frac{1}{2} - \frac{3}{4k}.$$

Then the right-hand side is, on using (2.3) and (2.4),

$$\begin{aligned} & \leq \left(\int_T^{T+H} |ZZ|^{2k-1} dt \right)^{\frac{1}{2}} \left(\int_T^{T+H} |Z'|^{2k} dt \right)^{\frac{3}{4k}} \left(\int_T^{T+H} |Z|^{2k} dt \right)^{\frac{1}{2} - \frac{3}{4k}} \\ & \ll_{k,\alpha} \left(\int_T^{T+H} |ZZ|^{2k-1} dt \right)^{\frac{1}{2}} \left(H(\log T)^{k^2+2k} \right)^{\frac{3}{4k}} \left(H(\log T)^{k^2} \right)^{\frac{1}{2} - \frac{3}{4k}}. \end{aligned}$$

This gives, on using (2.1),

$$H(\log T)^{k^2+2} \ll_{k,\alpha} I^{1/2} \left(H(\log T)^{k^2+2k} \right)^{\frac{3}{4k}} \left(H(\log T)^{k^2} \right)^{\frac{1}{2} - \frac{3}{4k}},$$

which on simplifying yields

$$I := \int_T^{T+H} |Z'(t)Z^{2k-1}(t)| dt \gg_{k,\alpha} H(\log T)^{k^2+1}.$$

In view of (5.3) this proves the lower bound in (2.9) of Theorem 3.

As for the upper bound, the integral in (5.3) does not exceed, by Hölder's inequality for integrals,

$$\begin{aligned} (5.4) \quad & \left| \int_T^{T+H} (Z'(t))^{2k} dt \right|^{1/(2k)} \left| \int_T^{T+H} |\zeta(\tfrac{1}{2} + it)|^{2k} dt \right|^{1-1/(2k)} \\ & \ll_{k,\alpha} \left\{ H(\log T)^{k^2+2k} \right\}^{1/(2k)} \left\{ H(\log T)^{k^2} \right\}^{1-1/(2k)} \\ & = H(\log T)^{k^2+1}, \end{aligned}$$

which finishes the proof of Theorem 3 when $k \geq 2$. Here we used (2.3) and (2.4), and we note that the bound in (5.4) holds also for $k = 1$. It is the lower bound in this case which is problematic.

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