

# Hilbert Volume in Metric Spaces, Part 1.

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## Abstract

We introduce a notion of *Hilbertian  $n$ -volume* in metric spaces with Besicovitch-type inequalities built-in into the definitions. The present Part 1 of the article is, for the most part, dedicated to reformulation of known results in our terms with proofs being reduced to (almost) pure tautologies. If there is any novelty in the paper, this is in forging certain terminology which, ultimately, may turn useful in Alexandrov kind of approach to singular spaces with positive scalar curvature [17].

# 1 Partitions of Unity $\mu = d^p$ in Banach Spaces, $\tilde{L}$ -Dilation $\| \widetilde{min.dil}^* \|_q$ and Hilbertian $\widetilde{Hilb}_l$ .

We recall in this section a few (more or less) standard definitions and introduce notations used throughout the paper.

The *dilation* of a map between metric spaces,  $f : X \rightarrow Y$ , is a function in two variables  $x_1 \neq x_2 \in X$ , that is

$$f(x_1, x_2) = \frac{Y(f(x_1), f(x_2))}{X(x_1, x_2)} \quad x_1 \neq x_2 \in X$$

The *Lipschitz constant* of  $f$  is

$$L(f) = \sup_{x_1 \neq x_2 \in X} f(x_1, x_2)$$

Equivalently,

$$L(f) = \sup_{B \subset X} \frac{Y(f(B))}{X(B)}$$

where the supremum is taken over all bounded subsets in  $X$ .

Let  $\mathcal{L} = \mathcal{L}(X)$  be the space of (usually Lipschitz) functions  $f : X \rightarrow \mathbb{R}$ , let  $\mathcal{L}/\text{const}$  be the space of functions modulo additive constants, and let  $\mu = \mu_X$  be a Borel measure on  $X$ . Define the  $q$ -*dilation* of a map  $f : X \rightarrow Y$ ,  $1 \leq q \leq \infty$ , as

$$\| f^* \|_{L_q(\mu)} = \left( \int_{\mathcal{L}/\text{const}} |f(\circ)|^q \mu \right)^{1/q}$$

*Example.* Let  $\mathbb{R}^n$  be the Euclidean space  $\mathbb{R}^n$  and let  $\mu$  be supported on the orthogonal projections (modulo constants) of  $\mathbb{R}^n$  onto the coordinate axes with equal weights 1 assigned to all projections. Then every isometric map  $f : \mathbb{R}^m \rightarrow \mathbb{R}^n$  satisfies

$$\| f^* \|_{L_2(\mu)} = \sqrt{m}$$

In general, *an axis* or a (*parametrized*) *straight line*

Observe that  $\gamma$  is uniquely determined by  $\gamma$  up to  $\pm$ -sign; it will be sometimes denoted  $\gamma_p$  or suppressed from the notation.

Denote by  $\mathcal{P} = \mathcal{P}(X)$  the space of axial projectors  $(\gamma)$  in  $X$  and, given a Borel measure  $\mu = \mu_X$  on  $\mathcal{P}$ , define the  $q$ -dilation of a map  $\gamma : X \rightarrow \mathbb{R}$ , where  $X$  is a metric space, by

$$\|\gamma\|_{L_q(\mu)}^* = \left( \int_{\mathcal{P}} |\gamma(\gamma \circ \mu)|^q \mu \right)^{1/q} \quad 1 \leq q \leq \infty$$

*Identity Example.* The  $q$ -dilation of the identity map  $\gamma : X \rightarrow \mathbb{R}$  is obviously expressed by the total mass of  $\mu$ ,

$$\|\gamma\|_{L_q(\mu)}^* = (\mu(\mathcal{P}))^{1/q}$$

*Maps  $\gamma$ ,  $\mathcal{I}_\mu$  and the Norm  $\|\cdot\|_{L_q}^*$ .* The space  $\mathcal{I}_\mu$  tautologically embeds into the space  $\Phi(\mathcal{P})$  of functions  $\mathcal{P} \rightarrow \mathbb{R}$  for  $\mu : \mathcal{P} \rightarrow \mathbb{R}$

The map  $\mathcal{I}_\mu : L_1(\mathcal{P}) \rightarrow \mathbb{R}$  extends to  $\mathcal{I}_\mu : L_2(\mathcal{P}) \rightarrow \mathbb{R}$  that is, in the Hilbertian case, equals the adjoint to  $\mathcal{I}_\mu$ , since the operators  $\mathcal{I}_\mu : \mathbb{R} \rightarrow \mathbb{R}$  and  $\mathcal{I}_\mu : \mathbb{R} \rightarrow \mathbb{R}$  are mutually adjoint. Explicitly,

$$\begin{aligned} \langle \mathcal{I}_\mu(f) \rangle_Y &= \left\langle \int_{\mathcal{P}} f(p) \mu \right\rangle_Y = \\ &= \int_{\mathcal{P}} f(p) \cdot \langle \mu \rangle_Y = \int_{\mathcal{P}} f(p) \cdot \langle \mu \rangle_Y = \langle f \rangle_{L_2(\mathcal{P}, \mu)} \end{aligned}$$

In other words,  $\mathcal{I}_\mu$  equals the orthogonal projection of  $L_2(\mathcal{P})$  onto  $\mathbb{R} \cdot \langle \mu \rangle_Y \subset L_2(\mathcal{P})$ . Consequently,

$$\langle \mathcal{I}_\mu \rangle = 1 \text{ for all partitions of unity in Hilbert spaces}$$

It follows, that every Lipschitz map  $\tilde{f}$  from a metric space  $X$  to  $L_2(\mathcal{P})$ , that is a  $\mathcal{P}$ -family of  $\mathbb{R}$ -valued functions  $\tilde{f}_p : X \rightarrow \mathbb{R} = \mathbb{R}_a \subset \mathbb{R}$ ,  $(p) \in \mathcal{P}$ , satisfies

$$\| \tilde{f}^* \mathcal{I}_\mu \circ \tilde{f} \|_{L_2(\mu)} \leq \left( \int_{\mathcal{P}} \langle \tilde{f}_p \rangle_{L_2(\mu)}^2 \right)^{1/2}$$

*Partitions of Hilbertian Forms into Squares*<sup>2</sup>. Let  $Q$  be the Hilbertian quadratic form in  $X$ . Then the partition of unity condition on  $\mathcal{P}$  can be equivalently (and obviously) expressed in term of the integral of the squares of linear functions (forms):

$$\int_{\mathcal{P}} \langle p \rangle_Y = \langle Y \rangle \Leftrightarrow \int_{\mathcal{L}} \langle l \rangle^2 = \langle Y \rangle$$

where  $\langle p \rangle_Y : X \rightarrow \mathbb{R} = \mathbb{R}_p$  are linear functions corresponding to the projectors  $\langle p \rangle : X \rightarrow \mathbb{R}_p$  and  $\langle l \rangle$  is the pushforward of  $\langle p \rangle$  from  $\mathcal{P}$  to  $\mathcal{L}$  under the map  $\mapsto p$ .

If  $X$  and  $Y$  are Hilbert spaces and  $\langle \cdot \rangle : X \rightarrow Y$  is a linear map, then  $\| \tilde{f}^* \mathcal{I}_\mu \|_{L_2(\mu)}$  does not depend on the partition of unity in  $\mathcal{P}$ : it equals the trace of the induced quadratic form on

$$\| \tilde{f}^* \mathcal{I}_\mu \|_{L_2(\mu)} = \int_{\mathcal{L}} \langle Y \rangle(\langle \cdot \rangle)^2 \langle l \rangle = \int_X \langle X \rangle(\langle \cdot \rangle)^2 \langle l \rangle = \langle X \rangle^*(\langle \cdot \rangle)$$

and it is called the *Hilbert-Schmidt* norm  $\| \tilde{f} \|_{L_2} = \| \tilde{f}^* \mathcal{I}_\mu \|_{L_2(\mu)}$  of  $\tilde{f}$ .

Furthermore, since the map  $\mathcal{I}_\mu : L_2(\mathcal{P}) \rightarrow \mathbb{R}$  is 1-Lipschitz,

$$\| \tilde{f}^* \mathcal{I}_\mu \|_{L_2(\mu)} = \| \tilde{f}^* \mathcal{I}_\mu \|_{L_2(\mu)}$$

For instance, isometric linear maps  $\langle \cdot \rangle : X \rightarrow Y$  have

$$\| \tilde{f}^* \mathcal{I}_\mu \|_{L_2(\mu)} = \| \langle \cdot \rangle^* \mathcal{I}_\mu \|_{L_2(\mu)} = \| \langle \cdot \rangle \|_{L_2} = \sqrt{\langle \cdot \rangle}$$

for all partitions of unity  $\mathcal{P}$ ; in particular

$$\| \tilde{f}^* \mathcal{I}_\mu \|_{L_2} = \| \langle \cdot \rangle^* \mathcal{I}_\mu \|_{L_2} = \| \langle \cdot \rangle \|_{L_2} = \sqrt{\langle \cdot \rangle}$$

In general, Lipschitz maps  $\langle \cdot \rangle$  from metric spaces  $X$  to Hilbertian  $Y$  satisfy

$$\langle \cdot \rangle \leq \| \tilde{f}^* \mathcal{I}_\mu \|_{L_2} \leq \| \langle \cdot \rangle^* \mathcal{I}_\mu \|_{L_2} \leq \langle \cdot \rangle \cdot \sqrt{\langle \cdot \rangle}$$

This suggests the notation

$$\| \cdot \|_{L_2} = \| \cdot \|_{id} = \| \cdot \|_{id_Y} = \| \cdot \|_{L_2}^* \| \cdot \|_{L_2}^* \| \cdot \|_{L_2}^*$$

and

$$\widetilde{\| \cdot \|_{L_2}} = \widetilde{\| \cdot \|_{id}} = \widetilde{\| \cdot \|_{id_Y}} = \widetilde{\| \cdot \|_{L_2}^*} \| \cdot \|_{L_2}^* \widetilde{\| \cdot \|_{L_2}^*} \| \cdot \|_{L_2}^*$$

These definitions make sense for all arbitrary metric spaces and Banach spaces, where, if is Hilbertian,

$$\widetilde{\| \cdot \|_{L_2}} \leq \| \cdot \|_{L_2} \leq \| \cdot \|_{L_2} \leq \sqrt{\| \cdot \|_{L_2}} \cdot \widetilde{\| \cdot \|_{L_2}}$$

Up to some point, we formulate and prove obvious general properties of the "norms"  $\| \cdot \|_{L_q}^*$  and  $\widetilde{\| \cdot \|_{L_q}^*}$  for all Banach spaces and all  $q$  – this does not cost us anything, but only maps into Hilbert spaces and  $q = 2$  will be essential for the present day geometric applications.

*Local Dilations*  $\| \cdot \|_{L_q}^* ( \cdot )$ ,  $\widetilde{\| \cdot \|_{L_q}^*} ( \cdot )$  etc. in Finsler Spaces. All of the above dilation invariants depends only on the metric but not on the linear structure in  $X$ . This allows the following local versions of these dilations for maps into Finsler, e.g Riemannian, manifolds  $M$ .

Namely, let  $(M, d)$  be a metric space, where each point  $x \in M$  admits a local Banach metric in a neighbourhood  $U_x \subset M$  of  $x$ , say  $\| \cdot \|_{U_x}$  for all  $x \in M$ , such that

$$\| \cdot \|_{U_x} / \| \cdot \|_{U_y} \rightarrow 1 \text{ for } x, y \rightarrow x$$

Define

$$\| \cdot \|_{L_q(\mu)}^*, \| \cdot \|_{L_q}^*, \widetilde{\| \cdot \|_{L_q(\mu)}^*}, \text{Hilb}(f(x)), \text{etc.}$$

for maps  $f: X \rightarrow Y$  by restricting  $f$  to small neighbourhoods  $U_x \subset X$  for all  $x \in X$ , such that  $f(U_x) \subset U_y$ , evaluating the corresponding dilations with respect to the local Banach metrics  $\| \cdot \|_{U_y}$  and then taking the infimum over all neighbourhoods  $U_x$  of a point  $x \in X$  for all  $x \in X$ .

Equivalently, in the case  $M$  is a Riemannian manifold, one can, by Nash' theorem, isometrically immerse  $M \subset \mathbb{R}^N$  and define the local dilations via axial partitions of unity in  $\mathbb{R}^N$ .

Notice, that unlike the Lipschitz constant, where  $L(f) = \sup_{x \in X} L(f|_{U_x})$  for maps from length spaces  $X$ , there is no(?) apparent passage from local to global  $q$ -dilations.

## 2 Hadamard's $Jac^{[n]} \leq \widetilde{Hilb}$ and Inverse Lipschitz Maps.

*Hadamard's Inequality for  $Jac^{[n]}$* . Given a map between Hilbert spaces, say  $f: X \rightarrow Y$ , denote by  $Jac^{[n]}(f)$  the norm of the  $n$ -th exterior power of  $f$ , that is the supremum of the absolute values of the Jacobians of  $f$  on all  $n$ -dimensional subspaces  $A' \subset X$ ,

$$Jac^{[n]}(f) = \sup_{\dim(A')=n} \| f|_{A'} \| \text{ for } | \cdot \|: A' \rightarrow A' \subset X$$

If  $f: M \rightarrow N$  is a locally Lipschitz, e.g.  $C^1$ -smooth, map between Riemannian manifolds then the differential  $df_x: T_x M \rightarrow T_x N$  exists for almost all  $x \in M$  by *Rademacher-Stepanov theorem* and the Jacobian of  $f$  is defined as

$$J_f(x) = \sqrt{\det(df_x^* g_N - g_M)} \text{ and } J_f(x) = \sup_x |J_f(x)|$$

where  $\sup_x$  refers to *almost all*  $x \in M$ .

*Hadamard's Inequality.* Let  $M$  and  $N$  be Riemannian manifolds and  $f: M \rightarrow N$  be a Lipschitz map.

Then

$$J_f(x) \leq \|df_x\|^{-1/2} \sqrt{\det(g_M)} \text{ for } x \in M \text{ and almost all } x \in M$$

In particular, Lipschitz maps from  $n$ -manifolds to  $\mathbb{R}^n$  satisfy

$$J_f(x) \leq L^n(x)$$

*Proof.* In fact, if

$$f = \mathcal{I}_\mu \circ \tilde{f} = \int_{\mathcal{P}} p(\tilde{f}) \mu \text{ for } \tilde{f}: M \rightarrow \mathcal{P}(\mathbb{R}^n)$$

then

$$\|df_x\|_{L_2} \leq \|d\tilde{f}_x\|_{L_2} \leq \|d\tilde{f}_x\|_{L_2} \sqrt{\det(g_M)}$$

while

$$J_f(x) \leq \|df_x\|^{-1/2} \sqrt{\det(g_M)}$$

since the discriminants of quadratic forms (induced by  $f$  from the Hilbert form in target Hilbert spaces) are bounded by their traces via the arithmetic/geometric mean inequality for the eigenvalues of these forms.

However trivial, the inequality  $J_f(x) \leq L^n(x)$  is significantly sharper than mere  $|J_f(x)| \leq L^n(x)$ .

For instance, let a smooth map  $f$  from a Riemannian  $n$ -manifold  $M$  to  $N = \mathbb{R}^n$  be given by functions  $f_1, \dots, f_n$ . Then  $J_f(x)$  may be as big as  $(\sum_{i=1}^n |df_i(x)|^2)^{1/2}$ , while the Hadamard's inequality, applied to the Hilbert form  $\sum_{i=1}^n |df_i(x)|^2$  for  $i = 1, \dots, n$ , says that

$$|J_f(x)| \leq \prod_{i=1, \dots, n} |df_i(x)|$$

(This is, of course, obvious anyway.)

*Sharpness of Hadamard.* Hadamard's inequality bounds the volume of the image of a Lipschitz map between  $n$ -dimensional Riemannian manifolds,  $f: M \rightarrow N$ , by

$$J_f(x) \leq \int_X J_f(x) \leq J_f(x) \cdot \sup_x J_f(x)$$

since

$$J_f(x) \leq \int_X J_f(x) \leq J_f(x) \cdot \sup_x J_f(x)$$

where the two suprema are taken over *almost all*  $x \in X$ .

Since the algebraic inequality  $[n](f) \leq \int_X |f| \leq n$  is sharp for linear maps  $f: \mathbb{R}^n \rightarrow \mathbb{R}^n$ , i.e. the equality  $[n](f) = \int_X |f|$  implies that  $f$  is a homothety, the corresponding integral inequalities are also sharp:

**A.** *If*

$$\int_X |f| < \infty \text{ and } \int_X |f| \geq 2$$

*then the map  $f$  is a conformal diffeomorphism on its image.*

(This is not used in the sequel.)

**B.** *If*

$$\sup_x |f| = 1 \text{ and } \int_X |f| < \infty$$

*then  $f$  is an isometric diffeomorphism onto its image.*

*Proof.* The equality  $\int_X |f| = \int_X [n](f)$  implies that the local topological degree of  $f$ , either equals +1 at almost all  $x \in X$  or it is almost everywhere -1. If such an  $f$  is conformal *almost everywhere* and  $n \geq 2$ , then it is conformal *everywhere*. For example, if  $n = 2$  this is seen with the Cauchy integral formula, while the case  $n \geq 3$  is (essentially) trivial because of the Liouville theorem.

The remaining case of **B** for  $n = 1$  is, of course, obvious but it points out to the following extension to more general Lipschitz maps.

**C.** *If a Lipschitz map  $f: X \rightarrow Y$  between  $n$ -dimensional Riemannian manifolds without boundaries satisfies*

$$\int_X |f| < \infty$$

*and*

$$|f| \leq c \cdot |f| \text{ for all open } U \subset X \text{ and a constant } c < \infty.$$

*Then  $f$  is a homeomorphism onto its image  $f(X) \subset Y$  and the inverse map  $f^{-1}: f(X) \rightarrow X$  satisfies*

$$\sup_{y \in \text{im } f} |f^{-1}| \leq c \cdot |f| \text{ and } [n-1](f^{-1}) \leq c \cdot |f|$$

This is well known with the proof, probably, buried somewhere in [8]. Here is how it goes.

Since  $|f| \leq c \cdot |f|$ , the pullbacks  $f^{-1}(U) \subset X$  are *zero dimensional* subsets in  $X$  for all  $U \subset f(X)$ ; in fact, this follows from the inequality  $[n-1](f^{-1}(U)) = [n-1](U)$  for small  $U$ -balls in  $f(X)$ .

Since  $|f| \leq 0$ , every point  $y \in f(X)$  admits an arbitrarily small neighbourhood, say  $U \subset f(X)$ , such that the boundary  $\partial U \subset f(X)$  does not intersect  $f^{-1}(U)$ ; hence, the local topological degree of  $f$  is defined at  $y$ .

This degree must be *non-zero*, otherwise, all points  $y$  close to  $y$  would have "partners"  $y'$  such that  $f(y') = y$  that is incompatible with  $\int_X |f| < \infty$ .

Therefore, the image of every neighbourhood of  $\epsilon \in \mathbb{R}_+$  contains a neighbourhood of  $\nu = \nu(\epsilon) \in \mathbb{R}_+$  for all  $\epsilon \in \mathbb{R}_+$ . Thus,  $\nu$  is what is called an *open map*.

Besides, again because of  $\nu_n(\epsilon) = \int_X [n](\epsilon)$ , the map  $\nu$  is one-to-one on a dense subset (of full measure) in  $\mathbb{R}_+$ , and, obviously, densely one to one + open  $\Rightarrow$  one-to-one.

Granted one-to-one, take an  $\epsilon$ -narrow cylinder  $C_\epsilon \subset \mathbb{R}^n$  around a distance minimizing geodesic segment  $[x_1, x_2] \subset \mathbb{R}^n$ , denote by  $\partial_1 C_\epsilon$  and  $\partial_2 C_\epsilon$  the top and the bottom of this cylinder and let  $lat C_\epsilon$  be the remaining (lateral) part of its boundary,

$$lat C_\epsilon = C_\epsilon \setminus (\partial_1 C_\epsilon \cup \partial_2 C_\epsilon)$$

Observe that the relative homology group  $H_{n-1}(C_\epsilon, lat C_\epsilon)$  is free cyclic and let  $\nu_{n-1}^{n-1}$  denote the minimum of the  $(n-1)$ -volumes of relative  $(n-1)$ -cycles representing *non-zero* classes in  $H_{n-1}(C_\epsilon, lat C_\epsilon)$ .

Observe that  $\nu_{n-1}$  is close to the volume of the Euclidean  $(n-1)$ -ball and

$$\nu_n(C_\epsilon) = \nu_{n-1}^{n-1} \cdot (\nu(x_1, x_2) + \nu^{(n-1)})$$

Take the pull-backs  $\tilde{C}_\epsilon = \nu^{-1}(C_\epsilon) \subset \mathbb{R}^n$  and  $lat \tilde{C}_\epsilon = \nu^{-1}(lat C_\epsilon)$  and let  $\tilde{\nu}_{n-1}^{n-1}$  be the minimum of the  $(n-1)$ -volumes of relative  $(n-1)$ -cycles representing *non-zero* classes in  $H_{n-1}(\tilde{C}_\epsilon, lat \tilde{C}_\epsilon)$ .

Clearly,

$$\nu_{n-1} \leq [n-1](\epsilon) \cdot \tilde{\nu}_{n-1}^{n-1}$$

On the other hand,

$$\nu_n(\tilde{C}_\epsilon) \geq \int_X (\nu(x_1, x_2) + \nu^{(n-1)}) \cdot \tilde{\nu}_{n-1}^{n-1}$$

for  $\tilde{\partial}_1 \tilde{C}_\epsilon, \tilde{\partial}_2 \tilde{C}_\epsilon \subset \mathbb{R}^n$  being the pullbacks of the top and the bottom of the cylinder  $C_\epsilon \subset \mathbb{R}^n$ .

The proof of this is standard: map  $\tilde{C}_\epsilon$  to  $\mathbb{R}_+$  by  $\nu: \tilde{C}_\epsilon \rightarrow \mathbb{R}_+$ , observe that the pullbacks  $\nu^{-1}(\epsilon) \subset \tilde{C}_\epsilon$  support non non-zero classes in  $H_n(\tilde{C}_\epsilon, lat \tilde{C}_\epsilon)$  for  $0 \leq \epsilon \leq \nu(x_1, x_2) + \nu^{(n-1)}$  and apply the classical (and obvious) *coarea inequality* (that happens to be equality in the present case and that is extended in section 8 to more general setting of Hilbert volumes),

$$\nu_n(\tilde{C}_\epsilon) \geq \int_{\mathbb{R}_+} \nu_{n-1}(\nu^{-1}(\epsilon))$$

Then the proof follows with  $\epsilon \rightarrow 0$ .

**D. Remark.** The statement of **C** can be obviously reformulated without any reference to differentiability of  $\nu$  and the above argument still applies as it does not use the Rademacher-Stepanov theorem.

Besides, one does not truly need  $\nu$  to be Lipschitz: what is essential is a bound on the  $(n-1)$ -Jacobian  $[n-1](\epsilon)$  that can be defined as

$$[n-1](\epsilon) = \sup_H \nu_{n-1}(\nu(H)) / \nu_{n-1}(H)$$

for all rectifiable hypersurfaces  $H \subset \mathbb{R}^n$ .

Moreover,  $\nu$  and  $\nu$  do not have to carry any metrics, what is needed are measures on  $\mathbb{R}^n$  and  $\mathbb{R}_+$  and the notion of " $(n-1)$ -volume" for hypersurfaces. In



fact, the distance can be *derived* from these data via the *Almgren-Besicovitch-Derrick inequality* (see section 9).

*Warnings.* (a) A Lipschitz map  $f : X \rightarrow Y$  where  $(X, d_X) : x \mapsto f(x)$  is an isometry almost everywhere does not have to be one-to-one. In fact, paradoxically, every Riemannian  $n$ -manifold admits a 1-Lipschitz map into  $\mathbb{R}^n$ , that preserves the lengths of *all* rectifiable curves in  $X$ , see 2.4.11 in [16].

(b) There are lots of  $C^a$ -smooth maps  $f : X \rightarrow Y$  such that  $f^{-1}(y)$  is dense in  $X$  for all  $y \in Y$ , where  $f^{-1}(y) \times \{0\}$  almost everywhere; yet, where the unions of those pullbacks  $f^{-1}(y)$  that are diffeomorphic to the  $(-1)$ -ball, are *dense* in  $X$ .

### 3 Controlled $\tilde{L}$ -Dilation Extensions, Banach Straightening and Hilbertian Volume Domination.

If  $f_0 : X_0 \rightarrow Y_0$  is a partially defined  $L$ -Lipschitz map between metric spaces, then it admits an extension to a  $L$ -Lipschitz map  $f : X \rightarrow Y$  only for rather exceptional spaces  $(X, d_X)$ . For instance, this is, obviously, possible if  $X$  is a tree, e.g.  $\mathbb{R}$ , a (finite or infinite measurable) Cartesian product of trees with the  $L$ -metric, e.g. the  $L$ -space over a measure space, such as  $L^a(\mathcal{P})$ , or else, an *Uryson's universal space*.

But such extensions do not exist, in general, not even for  $\mathbb{R}^n$  if  $C^2$ , except for particular domains  $X$ , such as *Alexandrov's spaces* with curvature  $C^0$  [21], while for general  $X$ , only an extension  $f : X \rightarrow \mathbb{R}^n$  with  $f^{-1}(y) \subset B^{1/2}(y)$  is (obviously) possible.

However, Lipschitz extensions of maps  $f_0 : X_0 \rightarrow L^a(\mathcal{P})$  to  $f : X \rightarrow L^a(\mathcal{P})$  trivially yield a control over  $\tilde{L}$ -dilation of maps  $\mathcal{I}_\mu \circ f : X \rightarrow L^a(\mathcal{P})$  as follows.

Let  $(X, d_X)$  be a metric space and  $(B, \|\cdot\|)$  be a Banach space with an axial partition of unity  $\{e_i\}$ .

Then every partial map,  $f_0 : X_0 \rightarrow B$ , extends to a map  $f : X \rightarrow B$ , such that

$$\|f\|_{L^q(\mu)} \leq \|f_0\|_{L^q(\mu)} + \|e_0\|_{L^q(\mu)} \|B\|$$

$$\|f\|_{L^\infty(\mu)} \leq \|f_0\|_{L^\infty(\mu)} + \|e_0\|_{L^\infty(\mu)} \|B\|$$

for all  $1 \leq q \leq \infty$

*Remark.* The only point here which needs a minor attention (and which is unneeded for our applications) is to make sure that the same extension  $f$  of  $f_0$  serves the spaces  $L^q(\mathcal{P})$  simultaneously for all  $q$ .

This is achieved by making Lipschitz extensions  $f_p : X \rightarrow \mathbb{R}^p$ ,  $p > \mathcal{P}$ , of the corresponding functions  $(f_0)_p : X_0 \rightarrow \mathbb{R}^p$  depend *measurably* on  $p$ , e.g. by taking, for each  $p > \mathcal{P}$ , a *minimal* such  $f_p$ . Namely, in general, given a partial defined function  $f_0 : X_0 \rightarrow \mathbb{R}$ , its minimal Lipschitz extension is

$$f(x) = \sup_{x_0 \in X_0} (d(x, x_0) - f_0(x_0))$$

For example, if  $\phi_0$  is isometric to an axis  $\mathbb{R} \subset \mathbb{R}^n$  and  $\phi_0 \rightarrow \mathbb{R} = \phi_0$  is the identity map, this minimal extension equals the Busemann function  $\phi \rightarrow \mathbb{R}$ .

*Banach Straightening at Infinity.* Define the *Lipschitz constant at infinity* of a map  $\phi : X \rightarrow Y$  between metric spaces by

$$\infty(\phi) = \limsup_{\text{dist}_X(x_1, x_2) \rightarrow \infty} \frac{d_Y(\phi(x_1), \phi(x_2))}{d_X(x_1, x_2)}$$

Equivalently, this can be defined with restrictions of  $\phi$  to  $\delta$ -separated nets  $D \subset X$ , that are subsets in  $X$  with distances between all pairs of points  $\geq \delta$ , as follows,

$$\infty(\phi) = \limsup_{\delta \rightarrow \infty} \left( \sup_{D \subset X} \frac{d_Y(\phi|_D)}{\delta} \right)$$

Similarly, define the  $\tilde{\phi}_q$ -dilation at infinity, denoted  $\|\tilde{\phi}_q\|_{L_q(\mu)}^*$ , by restricting to  $\delta$ -separated nets and taking  $\limsup_{\delta \rightarrow \infty} \|\tilde{\phi}_q\|_{L_q(\mu)}^*$  over  $D$  with  $\delta \rightarrow \infty$ .

Then the above extension of maps  $\phi|_D : D \rightarrow Y$  from  $D \subset X$  to all of  $X$  implies the following

*Banach  $\tilde{\phi}_q$ -Straightening.* Let  $\phi : X \rightarrow Y$  be a map from a metric space  $X$  to a Banach space  $Y$  with a partition of unity  $\mu$  in  $X$ .

Then, for every  $\epsilon > 0$ , there exists a map  $\phi_\epsilon : X \rightarrow Y$  within finite distance from  $\phi$ , i.e.

$$\|\phi_\epsilon - \phi\|_Y \leq \epsilon < \infty \text{ for all } \epsilon \in [0, \infty)$$

and such that

$$\|\tilde{\phi}_q\|_{L_q(\mu)}^* \leq (\|\tilde{\phi}_q\|_{L_\infty(\mu)}^* + \epsilon) \cdot (\mathcal{P})^{1/q} \text{ for all } \epsilon \in [0, \infty)$$

On  $\epsilon \rightarrow 0$ . One can, in many cases, pass to the limit map  $\phi_{\epsilon \rightarrow 0} : X \rightarrow Y$  but this  $\phi_{\epsilon \rightarrow 0}$  may be far away from  $\phi$ , e.g. it may be constant for an *isometric at infinity*, i.e. where  $\lim_{\delta \rightarrow \infty} \frac{d_Y(\phi|_D)}{\delta} = 1$ .

*Hilbert-Hadamard Volume Domination.* Let  $M$  be an  $n$ -dimensional Riemannian manifold, let  $\mu$  be a partition of unity in the Euclidean/Hilbertian space  $\mathbb{R}^n$  and let  $\phi : M \rightarrow \mathbb{R}^n$  a proper (pullbacks of compact sets are compact) continuous map.

Let  $\Omega_R \subset \mathbb{R}^n$ ,  $R \rightarrow \infty$ , be bounded domains, such that  $\phi^{-1}(\Omega_R) = \Omega_R$  and such that for every  $\delta > 0$  the volumes of the  $\delta$ -neighbourhoods of their boundaries satisfy

$$\text{Vol}_n(\delta\text{-neighbourhood}(\Omega_R)) = o(\text{Vol}_n(\Omega_R)) \text{ for } R \rightarrow \infty$$

e.g.  $\Omega_R$  are Euclidean  $n$ -balls.

If  $M$  has non-zero topological degree, then the Euclidean volumes of the domains  $\Omega_R \subset \mathbb{R}^n$  are "asymptotically sharply bounded" by the Riemannian volumes of their  $\delta$ -pullbacks as follows

$$\text{Vol}_n(\phi^{-1}(\Omega_R)) \geq \|\tilde{\phi}_q\|_{L_\infty(\mu)}^n \cdot \text{Vol}_n(\Omega_R) - o(\text{Vol}_n(\Omega_R)) \text{ for } R \rightarrow \infty$$

*Proof.* Since  $\varphi(\varepsilon) \neq 0$  and  $\varphi(\varepsilon) < \varepsilon$ , the images  $\varphi_\varepsilon(\varphi^{-1}(\Omega_R)) \subset \mathbb{R}^n$  contain  $[\Omega_R - \varepsilon] =_{\text{def}} \Omega_R \setminus r_\varepsilon(\Omega_R)$ ; hence,

$$n(\varphi^{-1}(\Omega_R)) \geq n(\varphi_\varepsilon^{-1}[\Omega_R - \varepsilon])$$

On the other hand, by the above,

$$\|\varphi_\varepsilon^{-1}\|_{L_2(\mu)} \leq \|\varphi_\varepsilon^*\|_{L_\infty(\mu)} +$$

while the Jacobian of  $\varphi_\varepsilon$  is bounded by Hadamard's inequality  $J\varphi_\varepsilon \leq \|\varphi_\varepsilon^*\|_{L_\infty(\mu)}^n$ ; hence,

$$\begin{aligned} n(\varphi_\varepsilon^{-1}[\Omega_R - \varepsilon]) &\geq \|\varphi_\varepsilon^{-1}\|_{L_2(\mu)}^{-n} \cdot n[\Omega_R - \varepsilon] \\ &\geq \|\varphi_\varepsilon^*\|_{L_\infty(\mu)}^{-n} \cdot n(\Omega_R) - \dots \cdot n - \varphi(\varepsilon) \text{ for all } \varepsilon > 0 \end{aligned}$$

QED.

*Local  $\tilde{q}$ -Extensions.* Let  $M$  be a smooth manifold with a continuous Riemannian metric and  $\varphi: U \rightarrow \mathbb{R}^n$  a partial Lipschitz map. Suppose that that

$$\|\varphi^*\|_{L_q} < \varphi(\varepsilon) \text{ for all } \varepsilon \in U$$

where  $\varphi$  is a continuous function on  $U$ .

Then  $\varphi$  extends to a neighbourhood  $V \supset U$  by a map  $\tilde{\varphi}: V \rightarrow \mathbb{R}^n$ , such that

$$\|\tilde{\varphi}^*\|_{L_q} < \varphi(\varepsilon) \text{ for all } \varepsilon \in U$$

*Proof.* Combine the above extension with the ordinary Lipschitz partition of unity in  $V$  by the following trivial argument.

First, let  $\mathbb{R}^N$  and let  $\{U_i\} \subset V$ ,  $\varepsilon_i \in V$ , be a locally finite covering of  $V$  such that

$$\|\varphi^*\|_{L_q} < \varepsilon_i \text{ for all } \varepsilon_i \in U_i$$

Extend the maps  $\varphi|_{U_i \cap X_0}: U_i \cap X_0 \rightarrow \mathbb{R}^n$  to  $\tilde{\varphi}_i: U_i \rightarrow \mathbb{R}^n$ , such that

$$\|\tilde{\varphi}_i^*\|_{L_q} \leq \|\varphi^*\|_{L_q} < \varepsilon_i \text{ for all } \varepsilon_i \in U_i$$

Let  $\rho_i: U_i \rightarrow \mathbb{R}_+$  be Lipschitz functions with supports strictly inside  $U_i$  and such that  $\sum_{i \in I} \rho_i = 1$ . Then the map

$$\tilde{\varphi} = \sum_{i \in I} \rho_i \cdot \tilde{\varphi}_i \text{ satisfies } \|\tilde{\varphi}^*\|_{L_q} < \varphi(\varepsilon)$$

in some neighbourhood  $V_1 \subset V$  of  $U$  by an obvious computation.

Finally, if  $M$  is  $0$ -Riemannian, isometrically  $1$ -embed  $M \subset \mathbb{R}^N$  and observe that some neighbourhood  $V_1 \subset \mathbb{R}^N$  of  $M$  admits a Lipschitz projection  $\pi: V_1 \rightarrow M$  such that  $\pi(\pi(x)) = x$  for all  $x \in V_1$ . (If  $M \subset \mathbb{R}^N$  is  $2$ -smooth, one can use the normal projection to  $M$ , that does not always exist for  $1$ -submanifolds.)

Compose the above  $\tilde{\varphi}$  with this  $\pi$  and thus, obtain the required extension  $\tilde{\varphi} \circ \pi: V_1 \rightarrow \mathbb{R}^n$  of  $\varphi$  from  $U$  to  $V_1 \supset U$ . QED.

*Question on  $q$ -Dilation at Infinity.* Is there a counterpart to the above with  $\|\cdot\|_{L_q}^*$  instead of  $\|\cdot\|_{L_q}$ ?  
 Namely, what is the minimal (or, rather, infimal) constant  $c = c(q)$ , such that every  $\|\cdot\|_{L_q}$  admits an  $\|\cdot\|_{L_{q'}}$  within bounded distance from  $\|\cdot\|_{L_q}$ , such that  $\|\cdot\|_{L_{q'}}^* \leq c \|\cdot\|_{L_q}^*$ ?

## 4 John's $h_\diamond$ and John's Ellipsoid in Banach Spaces with a Riemannian Corollary.

So far, everything was compiled of definitions + trivial generalities. Now comes something deceptively simple but more substantial.

**Fritz John's Ellipsoid Theorem.** An  $n$ -dimensional Banach space  $(\|\cdot\|_Y)$  admits a unique Hilbert quadratic form  $h_\diamond$ , such that

$$\|h_\diamond\| \geq \| \|\cdot\|_Y$$

and such that the identity map  $\text{id} = (\|\cdot\|_Y) \rightarrow (h_\diamond)$  satisfies

$$h_\diamond = \text{id}_{Y_\diamond}(\text{id}) \leq 1$$

for  $\text{id}_{Y_\diamond}(\text{id}) = \|\cdot\|_{L_2}^*$ .

*Proof.* Let  $\mathcal{H}_+(1)$  be the subset in the space of positive semidefinite (Hilbertian) quadratic forms on  $\mathbb{R}^n$  such that  $\|h\| \leq 1$ , i.e. such that the identity map  $\text{id} = (\|\cdot\|_Y) \rightarrow (h)$  satisfies  $\|\text{id}_{Y_\diamond}(\text{id})\|_{L_2} \leq 1$ .

Observe that this  $\mathcal{H}_+(1)$  is a convex subset in the linear space of all quadratic forms on  $\mathbb{R}^n$  by the definition of  $\|\cdot\|_{L_2}^*$  via partitions of Hilbertian forms into squares (see section 1).

( $\diamond$ ) Let  $h_\diamond \in \mathcal{H}_+(1)$  maximize the Hilbertian (Euclidean) Haar measure of associated to it among all  $h \in \mathcal{H}_+(1)$ , i.e. the Jacobian of the identity map  $\text{id} : (\|\cdot\|_Y) \rightarrow (h)$ , denoted  $J_{h_\diamond \rightarrow h}^{[n]}$ , satisfies  $J_{h_\diamond \rightarrow h}^{[n]} \leq 1$  for all  $h \in \mathcal{H}_+(1)$ . Then

$$\|h_\diamond\| \geq \| \|\cdot\|_Y$$

Indeed, assume otherwise, let  $h$  be a linear form on  $\mathbb{R}^n$  such that  $\|h\|_Y^2 = \|h_\diamond\|_Y^2 + \epsilon$  and  $\|h\|_{h_\diamond}^2 = \|h_\diamond\|_{h_\diamond}^2 + \epsilon$ ,  $0 < \epsilon \leq 1$ .

Clearly,

$$J_{h_\diamond \rightarrow h}^{[n]} = ((1 - \epsilon)^{(n-1)} \cdot ((1 - \epsilon) + \epsilon))^{1/2}$$

and

$$\log J_{h_\diamond \rightarrow h}^{[n]} = \frac{1}{2} (-(n-1)\epsilon + \epsilon) > 0 \text{ for } \epsilon > 0;$$

hence, the form  $h_\epsilon$  has greater Haar measure than  $h_\diamond$  for small  $\epsilon > 0$ .

Since  $h_\epsilon \in \mathcal{H}_+(1)$ , the form  $h_\epsilon$  also lies in  $\mathcal{H}_+(1)$  by convexity of  $\mathcal{H}_+(1)$ ; this contradicts the extremality of  $h_\diamond$  and uniqueness of  $h_\diamond$  follows by the same argument. QED.

*John's  $h_\diamond$ .* The partition of unity  $\text{id} = \text{id}_{Y_\diamond}$  in the Hilbert space  $(h_\diamond)$  for which  $\|\text{id}_{Y_\diamond}\|_{L_2} = \sqrt{n}$  is not, in general unique. However, the inequalities  $\|h_\diamond\| \geq \| \|\cdot\|_Y$  and  $h_\diamond \leq 1$  trivially imply that

every projector  $\rho \in \mathcal{P}(\| \cdot \|_{h_\circ})$  from the support of some  $\rho$  lies in  $\mathcal{P}(\| \cdot \|_Y)$ , i.e.  $\| \cdot \|_Y = 1$ , and the norm  $\| \cdot \|_{h_\circ}$  equals  $\| \cdot \|_Y$  on the axes  $\mathbb{R}_p = \{p\} \subset \mathbb{R}^n$  of all  $\rho \in \mathcal{P}(\| \cdot \|_{h_\circ})$ .

*Remark.* The above shows that the total masses of John's partitions of unity  $\rho$  in  $\mathbb{R}^n$  satisfy  $\int \rho = \dim \mathbb{R}^n$ . In fact, the existence of a partition of unity in  $\mathbb{R}^n$  with the total mass  $\leq n$  is equivalent (by a trivial argument) to the full John's theorem.

*Riemannian Lower Volume Bound.* Let  $\mathbb{R}^n$  be an  $n$ -dimensional Banach space, let  $\Omega_R \subset \mathbb{R}^n$ ,  $R \rightarrow \infty$ , be bounded domains, as in the Hilbert-Hadamard volume domination from section 3, i.e. such that their  $n$ -volumes with respect to John's Hilbert/Euclidean metric  $\rho$  satisfy  $\int \rho(\Omega_R) = c \cdot R^n$  and such that for every  $\epsilon > 0$  the volumes of the  $\epsilon$ -neighbourhoods of their boundaries satisfy

$$\int \rho(\epsilon\text{-neighbourhood}(\Omega_R)) = o(R^n) \text{ for } R \rightarrow \infty$$

e.g.  $\Omega_R$  are the  $n$ -balls  $\{ \| \cdot \| \leq R \} \subset \mathbb{R}^n$ .

*Asymptotic Banach-John Volume Inequality of Burago-Ivanov.* Let  $M$  be an  $n$ -dimensional Riemannian manifold, let  $\pi : M \rightarrow \mathbb{R}^n$  be a proper (pullbacks of compact set are compact) map of non-zero degree and let  $L_\infty(\pi)$  be the Lipschitz constant of  $\pi$  at infinity with respect to the metric  $\| \cdot \|_{1-2}$  in  $\mathbb{R}^n$ .

Then the (John's Euclidean)  $\rho$ -volumes of  $\Omega_R \subset M$  are "asymptotically sharply bounded" by the Riemannian volumes of their  $\pi$ -pullbacks by

$$\int \rho^{-1}(\Omega_R) \geq L_\infty^{-n}(\pi) \cdot \int \rho(\Omega_R) - o(R^n) \text{ for } R \rightarrow \infty$$

Consequently, since  $\| \cdot \|_{h_\circ} \geq \| \cdot \|_Y$ , the asymptotic volume growth of  $n$ -balls in  $M$  around any given point  $x_0 \in M$  is asymptotically sharply bounded by the growth of the Euclidean balls,

$$\liminf_{R \rightarrow \infty} \frac{\int \rho(B(x_0, R))}{\int \rho(B(0, R))} \geq 1$$

*Proof.* Since John's  $\rho$  serves as partition of unity in  $(\mathbb{R}^n, \| \cdot \|_Y)$  as well as in  $(\mathbb{R}^n, \| \cdot \|_{h_\circ})$ , the map  $\pi : \mathbb{R}^n \rightarrow \mathbb{R}^n = (\mathbb{R}^n, \| \cdot \|_{h_\circ})$  satisfies

$$\| \pi^* \cdot \|_{L^\infty(\mu)} \leq L_\infty(\pi) \cdot \| \cdot \|_Y$$

where  $\mu$  — this is the main point — the dilation  $\| \cdot \|_Y$  is measured with the (Euclidean)  $\rho$ -metric in  $\mathbb{R}^n$ , while  $L_\infty(\pi)$  is evaluated with the original Banach metric. Hence the Hilbert-Hadamard volume domination applies and the proof follows.

## 5 Co-Lipschitz at Infinity, Federer-Whitney Metric Descendants and Abelian Volume Growth Inequality of Burago-Ivanov.

*Federer-Whitney Theorem.* Define the *co-Lipschitz constant at infinity* of a map between metric spaces,  $\pi : X \rightarrow Y$ , by

$$L_\infty(\pi) = \limsup_{\text{diam}_Y(B) \rightarrow \infty} \frac{\text{diam}_X(\pi^{-1}(B))}{\text{diam}_Y(B)}$$

where  $\mathcal{C}$  run over all *bounded* subsets in  $X$ .

Observe that if

$$\sup_{y \in Y} X(\rho^{-1}(y)) < \infty$$

(which is weaker than  $\rho(\infty) < \infty$ ) then

$$\rho(\infty) = \left( \liminf_{\text{dist}(x_1, x_2) \rightarrow \infty} f(\rho^{-1}(x_1), \rho^{-1}(x_2)) \right)^{-1}$$

A map between metric spaces,  $\rho: X \rightarrow Y$ , is called an *isometry at infinity* if the image of  $\rho$  intersect all  $\rho$ -balls in  $Y$  for  $\rho \geq \rho_0 < \infty$  and

$$\rho(\infty) = \rho(\infty) = 1;$$

this is equivalent to

$$f(\rho^{-1}(x_1), \rho^{-1}(x_2)) = \frac{X(\rho^{-1}(x_1), \rho^{-1}(x_2))}{Y(\rho^{-1}(x_1), \rho^{-1}(x_2))} \rightarrow 1 \text{ for } X(\rho^{-1}(x_1), \rho^{-1}(x_2)) \rightarrow \infty$$

Let  $X$  be a locally compact metric space,  $Y$  an  $\mathbb{R}$ -linear  $\rho$ -space, where both spaces are acted upon by a locally compact group  $\Gamma$ , such that the action of  $\Gamma$  on  $X$  is *isometric* and the action on  $Y$  is *affine*.

Let this affine action be *co-compact quasi-translational*, i.e.  $Y/\Gamma$  is compact and  $\Gamma$  admits a *co-compact* subgroup that acts on  $Y$  by *parallel translations*.

*Federer-Whitney  $\rho$ -Descendant Metric.* Let  $\rho: X \rightarrow Y$  be a proper continuous  $\Gamma$ -equivariant map.

Then there exists a unique Banach distance on  $Y$ , denoted  $Y(\rho^{-1}(x_1), \rho^{-1}(x_2)) = \|\rho^{-1}(x_1) - \rho^{-1}(x_2)\|_Y$  and called *Federer-Whitney  $\rho$ -Descendant of the metric  $X$* , such that the map  $\rho$  is *isometric at infinity with respect to  $X$  and  $Y$* .

*Proof.* Clearly, there exists a unique *maximal* Banach distance  $\rho$  in  $Y$  with respect to which  $\rho(\infty) \leq 1$ .

To see that  $\rho(\infty) = 1$  as well, observe that every two disjoint  $\rho$ -balls in  $Y$  satisfy

$$Y(\rho^{-1}(x_1), \rho^{-1}(x_2)) = \lim_{\lambda \rightarrow \infty} \lambda^{-1} \cdot X(\lambda^{-1}(\rho^{-1}(x_1)), \lambda^{-1}(\rho^{-1}(x_2)))$$

where the scaling  $\lambda \rightarrow \infty$  is understood with some point in  $X$  taken for zero and where the existence of the limit, as well the convexity and homogeneity of the limit distance function, trivially follow from

- the triangle inequality for  $X$ ,
- elementary properties of *asymptotically sub-additive* positive functions  $\rho(\infty)$ ,  $\rho > 0$ , i.e. such that  $\rho(x_1 + x_2) \leq \rho(x_1) + \rho(x_2) + \rho(x_1)$ ; the essential property of such functions  $\rho$  is the existence of the limit  $\lim_{\rho \rightarrow \infty} \rho(\infty) / \rho$ .

*Remarks.* (a) The above is the special (trivial) case of the full *Federer-Whitney duality theorem* between the *stable volume norm on homology*  $\rho_k(\infty)$  and the *comass norm* on cohomology  $\rho^k(\infty; \mathbb{R})$ . (See sections 4.C and 4.D in [10] and 7.4 in [11] for the statement and further applications of this theorem.)

(b) The Federer-Whitney theorem generalizes [22] to maps  $\rho: X \rightarrow Y$ , where  $X$  is a simply connected *nilpotent* Lie group with an *expanding* automorphism and where the existence of the limit

$$\lim_{N \rightarrow \infty} \lambda^{-N} \cdot X(\lambda^{-N}(\rho^{-1}(x_1)), \lambda^{-N}(\rho^{-1}(x_2)))$$

is not so obvious.

(c) The property of being isometric at infinity for equivariant maps sometimes implies a much stronger (and non-obvious) one:

$$|X(\gamma^{-1}(x)) - Y(\gamma^{-1}(y))| \leq C < \infty$$

This was proven by D. Burago [5] for surjective maps from length metric spaces (where the distance is given by infima of length of curves between points) into linear spaces and, later on, for maps into some nilpotent Lie groups and all hyperbolic  $\Gamma$ -spaces by S. Krat [20], but also there are counterexamples [4]. Yet, the full geometry of isometric at infinity equivariant maps has not been fully clarified at the present day.

*Abelian Volume Growth Inequality of Burago-Ivanov.* Let  $\tilde{M}$  be the universal covering of a compact Riemannian  $n$ -manifold  $M$  that admits a continuous map of non-zero degree onto the  $n$ -torus,  $M \rightarrow \mathbb{T}^n$ , e.g.  $M$  is homeomorphic to  $\mathbb{T}^n$ .

Then the asymptotic volume growth of  $R$ -balls  $B_R(x)$  in  $\tilde{M}$  for  $R \rightarrow \infty$  is minorized by that in  $\mathbb{R}^n$ ,

$$\liminf_{R \rightarrow \infty} \frac{\text{Vol}(B_R(x))}{\text{Vol}(B_R(0))} \geq 1$$

*Proof.* Let  $\tilde{M}$  be the universal covering of the torus  $\mathbb{T}^n$ , let  $\tilde{M}$  be the corresponding  $\mathbb{Z}^n$ -covering of  $M$  and  $\gamma: \tilde{M} \rightarrow M$  the  $\mathbb{Z}^n$ -equivariant map induced by our  $M \rightarrow \mathbb{T}^n$ .

Let  $\|\cdot\|_Y$  be the Federer-Whitney norm on  $M$  and  $\diamond$  John's quadratic Hilbertian (Euclidean) form.

Since  $\gamma$  is isometric at infinity with respect to the Federer-Whitney metric  $\|\cdot\|_Y$ , the  $\gamma$ -pullbacks of the (Euclidean)  $\diamond$ -balls  $B_\diamond(x) \subset \mathbb{R}^n = (\mathbb{R}^n, \diamond)$  of radii  $r = (n)^{-1/2}$  are contained in the Riemannian  $\gamma$ -balls in  $\tilde{M}$ , and since  $\lim_{R \rightarrow \infty} \text{Vol}(B_R(x)) = 1$ , the asymptotic Banach-John volume inequality from the previous section applies.

*Remarks.* (a) This proof:

Federer-Whitney + John's  $\diamond$  + Hadamard's inequality

is similar to the original one in [7], except that the authors of [7] use at some point a rather subtle Burago's theorem (stated in the above Remark (c)) instead of the (almost obvious) Federer-Whitney theorem.

(b) *Volume Rigidity.* The above argument combined with "sharpness of Hadamard" (see **B** in section 2) implies by a simple argument another theorem from [7].

Let  $M$  be a Riemannian  $\Gamma$ -manifold of dimension  $n$ , where the asymptotic volume growth of balls equals that in  $\mathbb{R}^n$ ,

$$\liminf_{R \rightarrow \infty} \frac{\text{Vol}(B_R(x))}{\text{Vol}(B_R(0))} = 1$$

If  $M$  admits a  $\Gamma$ -equivariant map  $\phi_0: M \rightarrow \mathbb{R}^n$  of a non-zero degree, where the action of  $\Gamma$  on  $\mathbb{R}^n$  is affine co-compact quasi-translational, then  $M$  is isometric to  $\mathbb{R}^n$ .

This, however, leaves open the following

*Question.* What is the minimal volume growth of an  $n$ -manifold with the corresponding Federer-Whitney Banach space being in a given isometry class?

(We shall address this in Part 2 of this paper.)

(c) An attractive feature of the volume growth theorem, is that a general convexity argument (John's e theorem) yields, rather unexpectedly, a *sharp purely Riemannian* inequality.

(A non-sharp lower bound on asymptotic volumes of balls follows by the above argument, see [3] and 4.C in [10], from Federer-Whitney and the inequality  $\| \cdot \|_A \geq \sqrt{\cdot} \cdot \| \cdot \|_{h_\circ}$  that is the standard corollary to John's  $h_\circ \leq 1$ .)

But we shall see with our definition of *Hilbertian volume* in section 9 that, in truth, there is not so much "Riemannian" in this inequality after all: the Abelian volume growth inequality and the volume rigidity hold for (almost) arbitrary metric  $\Gamma$ -spaces .

## 6 $\Gamma$ -Spaces, Averaging and Hilbert's Straightening Map $f_\diamond$ .

The Federer-Whitney Banach metric is, obviously, invariant under actions of a group  $\Gamma$  acting on our spaces. Let us explain how to make other constructions  $\Gamma$ -invariant as well.

Recall, that a  $\Gamma$ -space in a given (topological) category is a space with an action of a group  $\Gamma$ , denoted  $\cdot_X : \cdot \rightarrow \cdot$ ,  $\gamma \in \Gamma$ , where these maps  $\cdot_X$  are morphisms in our category. We are mainly concerned with *metric  $\Gamma$ -spaces* where the maps  $\cdot_X$  are isometries.

*Equivariant Hilbert Straightening Theorem.* Let  $\cdot$  and  $\cdot$  be topological  $\Gamma$ -spaces as in the Federer-Whitney theorem, i.e.  $\cdot$  is a locally compact metric  $\Gamma$ -space, and  $\cdot$  an  $\mathbb{R}$ -affine  $\cdot$ -space isomorphic to  $\mathbb{R}^n$ , where the action of  $\Gamma$  is co-compact quasi-translational. We denote by  $\cdot_\bullet$  the linear space associated to  $\cdot$  that is the space of parallel translations of  $\cdot$  and that can be (non-functorially) thought of as  $\cdot$  with a point in it distinguished for 0.

Let  $\circ : \cdot \rightarrow \cdot$  be a proper continuous  $\Gamma$ -equivariant map.

*Then there exist a unique  $\Gamma$ -invariant (Federer-Whitney-John's) Euclidean (Hilbertian) metric  $\| \cdot \|_{h_\diamond} = \| \cdot \|_{h_\circ}$  on  $\cdot$ , and a (non-unique)  $\Gamma$ -equivariant Lipschitz map  $\diamond : \cdot \rightarrow \cdot$ , such that*

$$h_\circ(\diamond \circ) \leq \infty$$

*the Hilbert constant of  $\diamond$  with respect to the Hilbertian form  $\diamond$  on  $\cdot$  satisfies*

$$\widetilde{\phantom{\cdot}}(\diamond) = 1$$

and, at the same time,

$$\infty(\diamond) \leq 1$$

*Proof.* The distance  $\| \cdot \|_{h_\circ}$  in  $\cdot$  for John's  $\diamond$  associated to the Federer-Whitney Banach metric  $\| \cdot \|_Y$  is  $\Gamma$ -invariant due to uniqueness of  $\diamond$  but the underlying measure  $\diamond$  - partition of unity  $(\mu_\circ)$  or equivalently, partition of  $\diamond$  (that is  $\mu_\circ$ ), is not necessarily invariant.

But since the linear isometry group  $\text{Iso}(\cdot_\bullet, \| \cdot \|_Y)$ , where  $\cdot_\bullet$  is the linear space associated to  $\cdot$ , is compact, one can average partitions of unity  $\diamond$  (or



rather partitions of  $\diamond$  into squares of linear functions) over  $\diamond$  and have John's partition of unity  $\diamond$  invariant under the action of  $\Gamma$ .

Let us make the  $\varepsilon$ -straightened maps  $\varepsilon: \diamond \rightarrow \diamond$  from section 3 equivariant by the following standard averaging over  $\Gamma$ .

Observe that  $\Gamma$  acts on the space of maps  $\diamond: \diamond \rightarrow \diamond$  by  $F: \diamond \mapsto Y^{-1} \circ \diamond \circ X$  with fixed points of this action corresponding to equivariant maps  $\diamond$ .

If we replace maps  $\varepsilon \in \diamond$  by  $f = \varepsilon - \diamond_0$  for our (equivariant!)  $\diamond_0: \diamond \rightarrow \diamond$ , this action becomes the obvious shift action on the space of maps  $\diamond: \diamond \rightarrow \diamond$  for  $\diamond: (\diamond) \mapsto (\diamond_X(\diamond))$ .

Since the full isometry group  $(\diamond) \supset \Gamma$  is *amenable* one can average *bounded* functions to  $\Gamma$ -invariant ones, where "bounded for  $f$ " corresponds to the "finite distance from  $\diamond_0$ ."

$$Y(\diamond_0) = \sup_{x \in X} \diamond(\diamond(\diamond) - \diamond_0(\diamond)) < \infty$$

Since the straightening maps  $\varepsilon: \diamond \rightarrow \diamond$  from section 3 do lie within finite distance from  $\diamond_0$ , they can be averaged to equivariant one, say  $\bar{\varepsilon}: \diamond \rightarrow \diamond$ , and since  $\|\widetilde{\varepsilon}^*\|_{L_2(\mu)} \leq 1 + \varepsilon$  and the function(al)  $\diamond \mapsto \|\widetilde{\varepsilon}^*\|_{L_2(\mu)}^2$  is (obviously) *convex*, these averaged maps also have their  $\varepsilon$ -dilations bounded by

$$\|\widetilde{\varepsilon}^*\|_{L_2(\mu)} \leq 1 + \varepsilon$$

Finally, since the maps  $\bar{\varepsilon}$  are uniformly Lipschitz, some sequence of them converges with  $\varepsilon \rightarrow 0$  to the desired equivariant map  $\diamond: \diamond \rightarrow \diamond$ . QED.

*Remark.* The Hilbert straightening map  $\diamond$  can be regarded as a metric counterpart to the *Abel-Jacobi-Albanese maps* from Kähler manifolds to their Jacobians. The latter maps, being holomorphic are (pluri)harmonic; they minimize Dirichlet's  $\int_{X/\Gamma} \|\diamond(\diamond)\|_{L_2}^2$  over all  $\Gamma$ -equivariant maps  $\diamond$ , while the map  $\diamond$  minimizes, in a way, the norm  $\sup_x \|\diamond(\diamond)\|_{L_2}$ .

Besides  $\diamond$ , there is also a *dynamical* counterpart to the Abel-Jacobi-Albanese, called *the Shub-Franks map* that is associated with *hyperbolic endomorphisms* of tori and infra-nil-manifolds in general. The three maps and their generalizations intricately intertwine in their applications to the geometric rigidity theory (See [15] for a related discussion on A-J-A – S-F connection.)

## 6.1 On Infinite Dimensional $\Gamma$ -Spaces and Codiffusion Spaces.

The above suggests the following  $\Gamma$ -version of the notion of the  $q$ -dilation from section 1.

Let  $\mathcal{P}$  be a Banach space with an affine isometric action of a locally compact (e.g. discrete) group  $\Gamma$ . Let  $\Pi \subset \Gamma$  be the subgroup of parallel translations in  $\Gamma$  and let  $\Gamma_0 = \Gamma/\Pi$ .

Thus,  $\Gamma_0$  and, hence,  $\Gamma$  itself, act on  $\mathcal{P}$  by *linear* isometric transformations.

A *proper axial  $\Gamma$ -partition of unity in  $\mathcal{P}$*  is a  $\Gamma_0$ -invariant measure  $\mu = \mu$  on the spaces  $\mathcal{P}$  of axial projectors  $\diamond: \mathbb{R}_p = \mathbb{R}_p \subset \mathcal{P}$ , such that the action of  $\Gamma_0$  on the measure space  $(\mathcal{P}, \mu)$  is *proper*:

there exists a measurable subset  $\mathcal{C} \subset \mathcal{P}$  such that the  $\Gamma_0$ -orbit of  $\mathcal{C}$  equals almost all  $\mathcal{P}$  and such that the subset of those  $\diamond \in \Gamma_0$  for which  $(\mathcal{C} \cap \diamond(\mathcal{C})) > 0$  is precompact in  $\Gamma_0$ .

If the action is proper, the quotient space  $\underline{\mathcal{P}} = \mathcal{P}/\Gamma_0$  carry a Lebesgue-Rochlin measure, say  $\underline{\mu}$ , and one can integrate invariant functions on  $\mathcal{P}$  over  $(\underline{\mathcal{P}}, \underline{\mu})$

Thus, one can define the  $q$ -dilation of a  $\Gamma$ -equivariant map  $f$  from a metric  $\Gamma$ -space  $X$  into  $Y$  as

$$\|f\|_{L_q(\underline{\mu})}^q = \left( \int_{\underline{\mathcal{P}}} |f(x)|^q \underline{\mu}(dx) \right)^{1/q}$$

Several constructions we met earlier, namely those which do not involve integration apart from that over  $\mathcal{P}$  generalize to this setting: that are

- Equivariant minimal "norms"  $\|f\|_{L_q}$  and  $\|f\|_{L_q}^*$
- Banach straightening at infinity (section 3) and equivariant Hilbert straightening,

• John's  $\diamond$ , where one needs to(?), regrettfully, assume that the Banach space is "essentially Hilbertian" to start with: it admits a  $\Gamma_0$ -invariant Hilbert form  $\langle \cdot, \cdot \rangle_Y$ , such that  $\|h\|_Y \leq \|h\| \leq C \|h\|_Y$ .

(This assumption rules out, for example, the only natural candidate for John's  $\diamond$  on the spaces  $l_2(\Gamma)$ , that is Hilbert's  $l_2(\Gamma)$  for countable groups  $\Gamma$ .)

Where are we to go from this point? Are there unexplored domains populated by interestingly structured infinite dimensional  $\Gamma$ -spaces?

One may start a search for them among *symbolic*  $\Gamma$ -spaces, [12], [14], and/or *concentrated spaces* [13]).

*Axes, Non-Linear Partitions of Unity and Codiffusion.* A distance minimizing geodesic in a metric space  $X$  that is the image of an isometric embedding  $\mathbb{R} \hookrightarrow \mathbb{R}_\bullet = \mathbb{R}_p \subset X$  admits a 1-Lipschitz projection onto itself. Thus "many" spaces  $X$  admit "many" axial projectors  $\pi : X \rightarrow \mathbb{R}_p \subset X$ .

Notice that an axis  $\mathbb{R}_\bullet \subset X$  may have several projections  $\pi : X \rightarrow \mathbb{R}_\bullet$ . Two, apparently, most natural ones correspond to the two *Busemann functions*  $\pm$  on  $X$  associated to this axes with two possible orientations:  $\pi \mapsto \pm(\cdot) \in \mathbb{R} = \mathbb{R}_\bullet \mapsto \dots$

There are two alternative ways to define the  $2$ -dilation of a map  $f : X \rightarrow Y$ .

(1) If  $X$  is a Riemannian/Hilbertian manifold with the Riemannian quadratic differential form  $g$ , one may forfeit projectors and use measures  $\mu = \mu_g$  on the space  $\mathcal{B}$  of 1-Lipschitz functions  $f : X \rightarrow \mathbb{R}$ .

The normalization condition of  $f$  being a partition of unity may be formulated by requiring the integral of the squares of the differentials of our functions to be equal to  $1$ ,

$$\int_{\mathcal{B}} |df|^2 \mu = 1$$

Here it seems reasonable to limit the support of relevant measures  $\mu$  to the space of Busemann functions or, more generally of all *horofunctions*. Besides, if  $X$  is a proper  $\Gamma$ -space, it may be to one's advantage to restrict to  $\Gamma$  invariant measures  $\mu$  on  $\mathcal{B}$  and integrate over  $\mathcal{B}/\Gamma$  rather than over  $\mathcal{B}$ .

(2) In order to sum/integrate projectors with a measure on the space of projectors one may use an additional structure in  $X$ , called

*Codiffusion.* Let  $\mathcal{N} = \mathcal{N}(X)$  be the space of probability measures  $\nu$  on  $X$  where  $X$  is embedded to  $\mathcal{N}$  by assigning Dirac's  $\delta_y$  to all  $y \in X$ .

A codiffusion in  $\mathcal{N}$  is a projection  $\pi : \mathcal{N} \rightarrow \mathcal{N}$ , where "projection" means  $\pi^2 = \pi$ .

For example, every complete convex (locally) affine topological space, e.g. a closed convex subset in a Banach space, comes with a natural codiffusion that sends every measure  $\nu$  on  $\mathcal{N}$  to its *center of mass*

The center of mass construction generalizes to those geodesic spaces, in particular to Riemannian manifolds, where the square distance functions  $d^2(\cdot, \cdot)$  are strictly convex on all geodesics: the center of mass of a  $\nu$  is defined as the minimum point  $c_{min} \in \mathcal{N}$  of the (strictly convex!) function  $d^2(\cdot, \cdot)$  (see [18], [19] and also [2] for the history of this concept and new applications.)

However, all this does not seem to help in answering the following

*Questions* (a) What are "interesting" instances of equivariant maps  $\pi : \mathcal{N} \rightarrow \mathcal{N}$  between  $n$ -dimensional Riemannian (Finsler?)  $\Gamma$ -spaces such that

$$\int_{\mathcal{N}} \pi(\cdot) \cdot \widetilde{\pi(\cdot)}(\cdot) = 1 \text{ for all } \nu \in \mathcal{M}(\mathcal{N})$$

where the group  $\Gamma$  is *not* virtually Abelian?

(b) Let  $(\mathcal{N}, d)$  be a metric  $\Gamma$ -space,  $(M, F)$  a Finsler (e.g. Riemannian)  $\Gamma$ -manifold and  $\pi : \mathcal{N} \rightarrow M$  be a proper equivariant map. Suppose that all geodesics in  $\mathcal{N}$  are distance minimizing.

What is the minimal  $\epsilon = \epsilon(\mathcal{N}) > 0$  for which there exists a  $\Gamma$ -equivariant map  $\bullet : \mathcal{N} \rightarrow M$  within bounded distance from  $\pi$  such that  $\int_{\mathcal{N}} \bullet(\cdot) \cdot \widetilde{\pi(\cdot)}(\cdot) \leq \epsilon \cdot \int_{\mathcal{N}} \pi(\cdot) \cdot \widetilde{\pi(\cdot)}(\cdot)$  for all  $\nu \in \mathcal{M}(\mathcal{N})$ ?

(c) Let  $(\mathcal{N}, d)$  be a contractible metric  $\Gamma$ -space. Consider all, possibly singular, (oriented?) Riemannian  $\Gamma$ -spaces  $(M, F)$  of dimension  $n$  that admit equivariant maps  $\pi : \mathcal{N} \rightarrow M$  that have  $\int_{\mathcal{N}} \pi(\cdot) \cdot \widetilde{\pi(\cdot)}(\cdot) \leq 1$  and such that the induced homomorphisms on their invariant  $n$ -dimensional real cohomologies do not vanish, e.g.  $H^n(\mathcal{N}) = H^n(M) = \mathbb{R}$  and  $H^n(\Gamma) \neq 0$ .

When does there exist an  $\epsilon_{min}$  among them that minimizes  $\epsilon_{min}(\mathcal{N})$ ?

How does  $\epsilon_{min}$  change (if at all) with passing to subgroups of finite indices in  $\Gamma$ ?

Can this  $\epsilon_{min}$  be explicitly described for particular "simple" (possibly, infinite dimensional, e.g. isometric to Hilbert's  $\mathbb{R}^\infty$ ) spaces  $\mathcal{N}$ ?

Given subgroups  $\Gamma_i \subset \Gamma$  of finite indices  $i = |\Gamma/\Gamma_i|$ , let  $\pi_i : \mathcal{N} \rightarrow M$  be an  $\pi_i^{-1}$ - $n(\Gamma/\Gamma_i)$ -minimizing sequence of  $\Gamma_i$ -equivariant maps  $\pi_i : \mathcal{N} \rightarrow M$  with  $\int_{\mathcal{N}} \pi_i(\cdot) \cdot \widetilde{\pi_i(\cdot)}(\cdot) \leq 1$ . When and how does such a sequence converge?

## 7 Burago-Ivanov's Solution of Hopf Conjecture.

Let us show (essentially) following the original argument in [6] how Hilbert's straightening implies *Hopf conjecture*:

Let  $(M, g)$  be a compact Riemannian manifold without conjugate points and  $\pi : M \rightarrow \mathbb{T}^n$  be a continuous map such that the induced homomorphism of the fundamental groups,  $\pi_1(M) \rightarrow \pi_1(\mathbb{T}^n) = \mathbb{Z}^n$ , is an isomorphism. Then the universal covering  $\widetilde{M} = (\widetilde{M}, \widetilde{g})$  of  $M$  is isometric to  $\mathbb{R}^n$ .

In fact, if all geodesic segments in  $\widetilde{M}$  are distance minimizing, then

*Hilbert's straightening map*  $\phi : (\widetilde{M}, \widetilde{g}) \rightarrow (\mathbb{R}^n, g_{\mathbb{R}^n})$  is an isometry,

where  $\tilde{\pi}$  is the universal covering of the torus  $\mathbb{T}^n$  and  $\langle \cdot, \cdot \rangle_\diamond$  is John's Hilbertian form associated to the Federer-Whitney  $\lambda$ -descendant  $\|\cdot\|_Y$  of the metric  $g$  on  $Y$  for  $\tilde{\pi} : \tilde{X} \rightarrow X$  being the lift of  $\tilde{\pi}$  to  $\tilde{X}$ . This is immediate with the following simple classical formulas **(LS1)** and **(LS1)**.

*Liouville-Santaló Integral Identities.* Let  $(X, g)$  be a complete Riemannian manifold.

Given a measure  $\mu = \lambda$  on the tangent bundle  $T(X)$ , denote by  $\mu_X = \lambda_X$  the push-forward of  $\mu$  under the projection  $\pi : T(X) \rightarrow X$ , and assume that  $\mu_X(\tilde{c}) < \infty$  for all compact subsets  $\tilde{c} \subset T(X)$ .

Call a measure  $\mu$  *balanced* if, for every continuous quadratic form  $q$  on  $T(X)$ ,

$$\int_X q(x) \mu_X = \int_{T(X)} q(x) \mu$$

For example, the *Liouville measure*, that is supported on the unit tangent bundle  $T^1(X) \subset T(X)$ , is balanced, since the trace of a quadratic form  $q$  on  $\mathbb{R}^n$  equals  $n$ -times the average values of  $q$  on the unit sphere  $S^{n-1} \subset \mathbb{R}^n$ .

Let  $\Sigma(\tilde{c}) = \Sigma(\tilde{c}; \mu)$  be the space of geodesic segments of length  $l$  in  $\tilde{c}$  that are locally isometric (geodesic) maps  $\sigma : [0, l] \rightarrow \tilde{X}$  and denote by  $\sigma_\sigma \in \sigma(0) \subset T(\tilde{X})$  the unit tangent vector to our geodesic  $\sigma$  at the point  $\sigma(0) \in \tilde{X}$ .

The correspondence  $\sigma \leftrightarrow \sigma_\sigma$  identifies  $\Sigma(\tilde{c})$  with the unit tangent bundle  $T^1(\tilde{c})$ ; accordingly, the measures on  $\Sigma(\tilde{c})$  corresponding to  $\mu = \lambda$  on  $T(X)$  are denoted  $\lambda_{\Sigma(\tilde{c})}$ .

Let  $\tilde{X}$  be acted upon discretely and isometrically by a group  $\Gamma$ , and let  $\mu$  be a measure on  $T(X)$  that is *invariant under the action of  $\Gamma$*  and that is *normal* in the sense the total  $\mu$ -mass of  $T(X)/\Gamma$  equals one,

$$\mu(T(X)/\Gamma) = \int_{S(X)/\Gamma} \lambda = 1$$

Let  $(Y, g)$  be another complete Riemannian  $\Gamma$ -manifold and let  $f : X \rightarrow Y$  be a proper  $\Gamma$ -equivariant Lipschitz map.

Average/integrate the dilation of  $f$  at the two ends of our geodesic segments, or, rather, the dilation of the composed maps  $f \circ \sigma : [0, l] \rightarrow Y$ ,

$$f_{\circ\sigma}(0) = \langle \cdot, \cdot \rangle_Y(f(\sigma(0)), \sigma_\sigma)$$

over  $(\Sigma(\tilde{c}) \times \lambda)$  and denote this averaged dilation by

$$av(f \circ \sigma) = \int_{S(X)/\Gamma = \Sigma(R)/\Gamma} f_{\circ\sigma}(0) \lambda$$

Clearly, this  $av$  is bounded by the *average length* of the parametrized curves  $\sigma : [0, l] \rightarrow \tilde{X}$  divided by  $l$ ,

$$av(f \circ \sigma) \leq l^{-1} \int_{\Sigma(R)/\Gamma} (f \circ \sigma)([0, l]) \lambda$$

If the measure  $\mu$  is *invariant under the geodesic flow*, then, by Fubini's theorem, this integral equals the integrated norm of  $\sigma_\sigma \in f_{(x)}(T_x \tilde{X})$ , for  $\sigma(0) = x = \pi(\sigma)$ , that is the derivative (differential) of  $f$  in the direction of the unit tangent vector  $\sigma_\sigma \in T_x \tilde{X} \subset T(\tilde{X})$ ,

$$(LS1) \quad \int_{\Sigma(R)/\Gamma} \|\sigma\|_\lambda^{-1} \text{av}(\sigma \circ [0, \lambda]) = \int_{\Sigma(R)/\Gamma} \|\sigma\|_\lambda$$

where, by *Schwartz inequality*,

$$\int_{\Sigma(R)/\Gamma} \|\sigma\|_\lambda \leq \left( \int_{\Sigma(R)/\Gamma} \|\sigma\|_\lambda^2 \right)^{1/2}$$

If  $\sigma$  is *balanced*, then

$$(LS2) \quad \int_{\Sigma(R)/\Gamma} \|\sigma\|_\lambda^2 = \text{av}(\sigma)$$

where  $\text{av}(\sigma)$  is the normalized *Dirichlet-Hilbert energy* of  $\sigma$  that is

$$\text{av}(\sigma) =_{def} \int_{X/\Gamma} \|\sigma\|_\lambda^2 = \int_{X/\Gamma} g(x)(\sigma)^*(\sigma)$$

for the pullback  $(\sigma)^*(\sigma)$  of the Riemannian form  $g$  from  $(X/\Gamma)$  to  $(X/\Gamma)$  by the differential of  $\sigma$ .

In sum, **(LS1)**+**(LS2)**+(Schwartz inequality) imply:

*if  $\sigma$  is a normal  $\Gamma$ -invariant measure on  $(X/\Gamma)$  that is balanced and invariant under the geodesic flow and  $\sigma : X/\Gamma \rightarrow X/\Gamma$  is a  $\Gamma$ -equivariant map, then the average dilation of  $\sigma$  at the ends of geodesic segments in  $X/\Gamma$  of length  $\lambda$  satisfies*

$$\text{av}(\sigma \circ [0, \lambda]) \leq \text{av}(\sigma) = \int_{X/\Gamma} \|\sigma\|_\lambda^2$$

This integral inequality is sharp: the equality is possible only if all quantities involved are equal point-wise and this sharpness is independent of  $\lambda$ , since the integral  $\int_{\Sigma(R)/\Gamma} \|\sigma\|_\lambda^{-1} \text{av}(\sigma \circ [0, \lambda])$  does not depend on  $\lambda$ .

It follows, in particular, that

*if*

$$\limsup_{R \rightarrow \infty} \text{av}(\sigma \circ [0, R]) \geq 1 \text{ and } \text{av}(\sigma) \leq 1$$

*then the map  $\sigma$  is isometric on every geodesic  $[-\infty, +\infty] \rightarrow X/\Gamma$  that is contained in the support of  $\sigma$ .*

The Hopf conjecture follows by applying the above to the universal covering of a torus without conjugate points with the Liouville measure  $\sigma$  on  $(X/\Gamma)$  and to the Hilbert straightening map  $\diamond : X/\Gamma \rightarrow \mathbb{R}^n = (X/\Gamma)$ .

In fact, "no conjugate points" says that all geodesic segments in  $X/\Gamma$ , that are  $:[0, \lambda] \rightarrow X/\Gamma$ , have  $\int_X (\sigma)^*(\sigma) = \lambda$ . Therefore, the average dilation of  $\diamond$  satisfies

$$\left( \limsup_{R \rightarrow \infty} \text{av}(\diamond \circ [0, R]) \right)^{-1} \leq \infty(\diamond)$$

where, recall,

$$\infty(\sigma) = \liminf_{\text{dist}(x_1, x_2) \rightarrow \infty} (\sigma(x_1) - \sigma(x_2)) / (x_1 - x_2)$$

for proper maps  $\sigma$ .

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It is immediate that

$$\widetilde{[n]}(f) \leq [n](f)$$

and that composed maps  $f \xrightarrow{g}$  satisfy

$$\widetilde{[n]}(f \circ g) \leq \widetilde{[n]}(f) \cdot \widetilde{[n]}(g) \text{ for } f = (f, g)$$

Also observe that  $\widetilde{[n]}(f)$  equals the (absolute value of the) ordinary Jacobian  $[n](f)$  for smooth maps between Riemannian manifolds.

*Homologically Stable Hilbertian Volume.* We want to define  $[n]$ -volumes in metric spaces with a usual behaviour under (Jacobians of) Lipschitz maps  $f: X \rightarrow Y = (\mathbb{R}^n)$ , e.g. decreasing under maps with  $\widetilde{[n]}(f) \leq 1$ , where we are concerned with *stability of the images* under small continuous perturbations maps that is defined as follows.

Fix a coefficient group (e.g. a field)  $\mathbb{F}$  and call a point  $x \in X$  *cohomologically ( $\mathbb{F}$ -image) stable* for a continuous map  $f: X \rightarrow Y$  if for all sufficiently small neighbourhoods  $U = V \subset X$  of  $x$  the induced homomorphism on the relative cohomology

$$*n: H^n(U; \mathbb{F}) \rightarrow H^n(V; \mathbb{F})$$

does not vanish. The set of these stable points is denoted by  $\text{Stab}_{\mathbb{F}}(f) \subset X$ .

As we shall be dealing with locally compact spaces, the cohomology will be Čech; to be specific, we stick to  $\mathbb{F} = \mathbb{F}_2 = \mathbb{Z}/2\mathbb{Z}$ .

The *hyper-Hilbertian global  $[n]$ -volume*  $\mathbb{F}[n](\mathbb{R}^n \setminus X)$  of  $X$  over  $\mathbb{R}^n$  is the supremum of the numbers  $\alpha$  such that  $X$  admits a Lipschitz map  $f: X \rightarrow \mathbb{R}^n$  with  $\widetilde{[n]}_x(f) \leq 1$ ,  $x \in X$ , and such that the Lebesgue-Haar measure of the set  $\text{Stab}_{\mathbb{F}}(f) \subset \mathbb{R}^n$  is  $\geq \alpha$ .

For example,  $\mathbb{F}[n](\mathbb{R}^n \setminus X) = [n](X)$  for smooth open Riemannian manifolds  $X$ , while closed manifolds satisfy  $\mathbb{F}[n](\mathbb{R}^n \setminus X) = [n](X)/2$  (To get rid of this silly 1/2 one has to map  $X$  to the  $[n]$ -spheres rather than to  $\mathbb{R}^n$ .)

A more interesting example is provided by closed minimal hypersurfaces  $X = \Sigma^n$  in compact Riemannian manifolds  $M^{n+1} \supset \Sigma^n$  representing homology classes in  $H_n(M^{n+1})$ : such an  $\Sigma^n$  admits a  $[n]$ -Lipschitz map,  $f: \Sigma^n \rightarrow \mathbb{R}^n$  of non-zero degree, where  $\deg(f) = \int_{\Sigma^n} f^* \omega_n < \infty$  as it follows from the *compactness* of the space of minimal subvarieties in  $M^{n+1}$  with bounded volumes and the *maximum principle* for minimal hypersurfaces.

Then one sees, by looking at tangent cones, that every point  $x$  in such a minimal  $\Sigma^n \subset M^{n+1}$  admits an arbitrarily small neighbourhood  $U_x \subset \Sigma^n$  such that

$$\mathbb{F}[n](\mathbb{R}^n \setminus U_x) \geq \frac{1}{2} \cdot [n](U_x) \text{ for some } U_x \supset x$$

*Homology Domination and Semicontinuity of  $\mathbb{F}[n]$ .* Let  $X$  be a metric space,  $U \subset X$  a locally compact locally closed (open  $\cap$  closed) subset, and let  $U_i, i=1,2,\dots$ , be a sequence of locally closed subsets that converges to  $U$  in the sense that for every neighbourhood  $V \subset X$  of  $U$  all but finitely many of  $U_i$  are contained in  $V$ .

Say that  $U_i$  (co)homologically dominate  $U$  in dimension  $[n]$  with a given coefficient domain  $\mathbb{F}$  if for every pair of open subsets  $V_1 \subset V_2 \subset V$  every relative

cohomology class in  ${}^n(\mathbb{R}^2 \setminus \{1\}; \mathbb{F})$  that restricts to a *non-zero* class in  ${}^n(\mathbb{R}^2 \cap \mathbb{R}^1 \cap \mathbb{R}^1; \mathbb{F})$  also restricts to *non-zero* classes in  ${}^n(\mathbb{R}^2 \cap \mathbb{R}^1 \cap \mathbb{R}^1 \cap \mathbb{R}^1; \mathbb{F})$  for all but finitely many  $i$ .

By invoking the local  $\tilde{q}$ -extension with  $\tilde{q} = 2$  from section 1, one obtains:

If subsets  $U_i \subset \mathbb{R}^n$  homologically dominate a subset  $U$  in a metric space then

$$\liminf_{i \rightarrow \infty} \int_{\mathbb{F}} [n](U_i) \geq \int_{\mathbb{F}} [n](U)$$

*(Semi)Local Coarea Inequality.* Let  $M = \mathbb{R}^m$ ,  $N \leq \mathbb{R}^n$ , be a topological manifold and  $f: M \rightarrow N$  a continuous map. Call the map *(co)mologically (co)stable over a point in dimension  $n$  with coefficients  $\mathbb{F}$*  if the fiber  $f^{-1}(y) = f^{-1}(y) \subset M$  and near  $y$  have the following property.

**[STB]** Let  $f: M \rightarrow \mathbb{R}^{n-m}$  be a continuous map and  $U \subset \mathbb{R}^{n-m}$  be an open subset such that the induced cohomology homomorphism

$${}^{n-m}(U; \mathbb{F}) \rightarrow {}^{n-m}(f^{-1}(U) \cap U \cap f^{-1}(U) \cap U; \mathbb{F})$$

does not vanish. Then for all sufficiently small closed neighbourhoods  $U_y \subset U$  of  $y$  the map

$$f_y = (f|_{U_y}): f^{-1}(U_y) \rightarrow U_y \times \mathbb{R}^{n-m}$$

induces *non-zero* homomorphism

$$* : {}^n(U_y \times f^{-1}(U_y); \mathbb{F}) \rightarrow {}^n(f^{-1}(U_y \times U_y) \cap f^{-1}(U_y \times U_y); \mathbb{F})$$

For example an  $\mathbb{R}$ -valued function on a topological manifold is stable over a point  $\epsilon \in \mathbb{R}$  if the level  $f^{-1}(\epsilon)$  contains no local maxima and/or minima points of  $f$ .

Now let  $M$  be smooth  $n$ -manifold with a smooth measure  $[m]$  on it, let  $f: M \rightarrow \mathbb{R}^n$  be a Lipschitz map and let  $U_y(\epsilon) \subset M$  be  $\epsilon$ -balls around  $y$  for some metric in  $M$ .

If  $f$  satisfies **[STB]** then

$$\liminf_{\epsilon \rightarrow 0} \int_{\mathbb{F}} [n](f^{-1}(U_y(\epsilon))) \geq \frac{[m](U_y(\epsilon)) \cdot \int_{\mathbb{F}} [n-m](f^{-1}(U_y))}{[m]_{/y}}$$

*Proof.* The condition **[STB]**, albeit unpleasantly restrictive, matches the local  $\tilde{q}$ -extension property and the coarea inequality trivially follows.

Let us partially localize the above "volume" with countable systems  $\mathcal{U}$  of open subsets  $U_i \in \mathcal{U}$ ,  $\epsilon \in \mathbb{R}$  that have bounded intersection multiplicity, denoted  $\text{mult}(\mathcal{U}) < \infty$ , and let

$$\int_{\mathbb{F}} [n](\mathbb{R}^n \setminus U) = \sup_{\mathcal{U}} (\text{mult}(\mathcal{U}))^{-1} \sum_{i \in I} \int_{\mathbb{F}} [n](\mathbb{R}^n \setminus U_i)$$

where this will be often abbreviated as follows

$$\widetilde{\int_{\mathbb{F}} [n](U)} \text{ instead of } \widetilde{\int_{\mathbb{F}} [n](\mathbb{R}^n \setminus U)}$$

with  $\mathbb{F} = \mathbb{F}_2$ , unless otherwise indicated.



The homological volume  $\widetilde{V}^{[n]}(X)$  of smooth and piece-wise smooth Riemannian spaces equals the ordinary volume  $V_n(X)$ .

But, in general,  $\widetilde{V}^{[n]}(X)$ ,  $X \subset \mathbb{R}^n$ , is not, a priori, an additive set function. This can be amended but using countable systems  $\mathcal{U}_j$  of open sets  $U_j \subset X$  where  $\bigcap_{j \in I} U_j \rightarrow \emptyset$  for  $|I| \rightarrow \infty$  and localizing with

$$\widetilde{V}^{[n]}(X) = \limsup_{j \rightarrow \infty} \mathcal{U}_j(X) = (\mathcal{U}_j)^{-1} \sum_{i \in I} \mathbb{F}^{[n]}(\mathbb{R}^n \setminus U_j)$$

This "local volume" equals  $\widetilde{V}^{[n]}(X)$  if small  $\epsilon$ -balls in  $X$  have volumes  $\geq \epsilon / n^{n+1} \rightarrow \infty$  as  $\epsilon \rightarrow 0$ ; in general, however, the local volume, probably, may be (I have not worked out a convincing example) smaller than  $\widetilde{V}^{[n]}(X)$  that is defined with unrestricted  $U_j$ . To compensate for this, we shall introduce another "volume" in Part 2 of the paper by means of maps  $X \rightarrow \mathbb{R}^\infty$  with controlled filling volumes of the boundaries of images of subsets (or rather of  $n$ -cycles) similarly in certain respects to [1].

*John's-Hilbert Volume of Banach Balls.* The obvious corollary to John's Ellipsoid Theorem (pointed out in slightly different terms in [?]) reads:

*the Hilbertian volume of the unit ball  $X(1)$  in an  $n$ -dimensional Banach space equals its Euclidean volume with respect to John's Euclidean (Hilbertian) metric  $h_\circ$ ,*

$$\widetilde{V}^{[n]}(X(1)) = h_\circ(X(1))$$

Consequently, since  $h_\circ(1) \subset X(1)$ ,

*the Hilbertian volume  $h_\circ(X(1))$  is greater than the (ordinary) volume of the unit Euclidean ball, where the inequality is strict unless  $X$  is isometric to  $\mathbb{R}^n$ .*

## 9 Lower Volume Bounds.

Let us reformulate and reprove a few standard geometric inequalities in the Hilbert volume setting where we abbreviate:  $\widetilde{V}^{[n]}(X) = \widetilde{V}^{[n]}(X)$  for general metric spaces  $X$ .

$\square$ -*Spaces and their Faces.* A topological space  $X$  with a given collection of  $n$  pairs of disjoint closed subsets,  $\pm i = \pm i(X) \subset X$ ,  $i = 1, \dots, n$ , is called an  $n$ -*cubical space* where  $\pm i$  are called *faces* and their union  $\partial X = \bigcup_i \pm i$  is regarded as *the boundary* of  $X$ .

Every such  $X$ , assuming it is a normal space, admits a continuous map into the  $n$ -cube,  $f: X \rightarrow \square = [0, 1]^n$ , such that the faces  $\pm i(X)$  go to the  $(-1)$ -faces  $\pm i(\square)$  of the cube, where such a map is given by  $n$ -functions  $f_i: X \rightarrow [0, 1]$  where  $-i$  goes to 0 and  $+i$  goes to 1. Clearly, such a map is unique up-to homotopy.

$\square$ -*Straightening Lemma.* Let  $X$  be an  $n$ -cubical metric space, and  $f: X \rightarrow \square = [0, 1]^n$  be a continuous map that sends faces of  $X$  to the corresponding faces of the cube  $\square$ .

If

$$P(\pm i - i) \geq \epsilon_i = 1$$

then  $\gamma$  is homotopic to a Lipschitz map  $\gamma : \square \rightarrow \square = [0, 1]^n$  given by  $\gamma$ -functions  $\gamma_i : \square \rightarrow [0, 1]$ , such that

$$|\gamma_i| \leq \frac{1}{d_i}$$

*Proof.* Take  $\gamma_i(\gamma) = \frac{1}{d_i} \langle \gamma, \nu_i \rangle$  for all  $\gamma \in \square$ , where  $\langle \gamma, \nu_i \rangle \leq d_i$  and let  $\gamma_i(\gamma) = 1$  for  $\langle \gamma, \nu_i \rangle \leq d_i$ .

*Corollary: Besikovich-Derrick-Almgren  $\square$ -Inequality.* If the map  $\gamma : \square \rightarrow \square = [0, 1]^n$  has non-zero degree, i.e. the induced cohomology homomorphism  $\gamma^* : H^n(\square; \mathbb{F}) \rightarrow H^n(\square; \mathbb{F})$  does not vanish for some coefficient domain  $\mathbb{F}$ , then

the  $\mathbb{F}$ -homological Hilbertian volume of  $\gamma$  is bounded from below by the product of the distances between opposite faces in  $\square$ ,

$$|\gamma| \geq \prod_{i=1, \dots, n} P(\nu_i - \nu_{i+n})$$

*Proof.* Since  $\gamma$  is homotopic to  $\gamma$  and  $|\gamma| \neq 0$ , the homomorphism  $\gamma^* : H^n(\square; \mathbb{F}) \rightarrow H^n(\square; \mathbb{F})$  does not vanish; hence, all points  $\gamma \in \square$  are cohomologically stable and

$$1 = |\gamma| \leq \|\gamma\|_{sup} \cdot |\gamma| \leq |\gamma| \cdot \prod_i \frac{1}{d_i}$$

*Example.* Let  $\square$  a Riemannian  $n$ -manifold and  $\pm \nu_i \subset \square$ ,  $i = 1, 2, \dots, n$ , be smooth closed domains that are  $(n-1)$ -submanifolds with smooth boundaries  $(\pm \nu_i) \subset \square$ , e.g.  $\square = \mathbb{R}^n$  and  $\pm \nu_i \subset \mathbb{R}^n$  are half-spaces.

Let  $\gamma$  equal the intersection of  $\pm \nu_i$ ,

$$\gamma = \bigcap_i \pm \nu_i \text{ and } \pm \nu_i = \pm \nu_i(\gamma) = \nu_i \cap (\pm \nu_i)$$

If  $\gamma$  is compact, if the hypersurfaces  $(\pm \nu_i)$ ,  $i = 1, 2, \dots, n$ , intersect transversally and if the intersection

$$\bigcap_i \pm \nu_i = \nu_i \cap (\pm \nu_1) \cap (\pm \nu_2) \cap \dots \cap (\pm \nu_n)$$

(that is necessarily finite) consists of *odd* number of points, then

$$|\gamma| \geq \prod_i P(\nu_i - \nu_{i+n})$$

Indeed, our map  $\gamma : \square \rightarrow \square$  has non-zero  $\mathbb{F}_2$ -degree because the  $\gamma$ -pullback of every point  $\gamma \in \square$  close to the corner  $\bigcap_i \pm \nu_i(\square)$  of  $\square$  is a finite set of odd cardinality.

Recall that the map  $\gamma : \square \rightarrow \square$ , for every  $n$ -cubical space  $\square$  sends  $\square \rightarrow \square$  and the essential property of  $\gamma$  used in the construction of  $\gamma$ , say for  $P(\nu_i + \nu_{i+n}) \geq 1$ , is that  $\gamma$  is 1-Lipschitz on the boundary with respect to the  $\gamma$ -norm on  $\mathbb{R}^n \supset [0, 1]^n = \square$ , that is  $\|\gamma\|_{sup} = \max_i |\gamma_i|$ .

Seen from this angle, the  $\square$ -inequality appears as a special case of the following corollary (stated slightly differently in [7]) of Jonn's theorem.

*Filling Extremality of Banach spaces.* Let  $(X, \|\cdot\|_A)$  be an  $n$ -dimensional Banach space and let  $U \subset X$  be a bounded open subset with connected boundary  $\partial U$ .

Let  $M$  be a compact metric space, let  $K \subset M$  be a closed subset and let  $f : M \rightarrow X$  be a 1-Lipschitz map.

If the inclusion/restriction homomorphism  $H^{n-1}(U; \mathbb{F}) \rightarrow H^{n-1}(K; \mathbb{F})$  vanishes for some coefficient group  $\mathbb{F}$ , while the cohomology homomorphism  $H^* : H^{n-1}(U; \mathbb{F}) \rightarrow H^{n-1}(K; \mathbb{F})$  does not vanish, then

$$[n](U) \geq [n](K) = h_\circ(U)$$

for John's Euclidean (Hilbertian) quadratic form  $h_\circ$  on  $X$ .

*Proof.* Extend  $f$  to a Lipschitz map  $\tilde{f} : M \rightarrow X$  with  $h_\circ(\tilde{f}) \leq 1$  (see section 1) and observe that the cohomology assumptions imply that this map is homologically image stable at all points  $x \in K$ .

Since the Hilbertian Jacobian of  $\tilde{f} : M \rightarrow (X, h_\circ)$  is bounded by

$$[n](\tilde{f}) \leq h_\circ(\tilde{f}) \leq 1$$

the proof follows from John's volume identity in section 8.

*$\Delta$ -Inequalities.* There is another generalization of the  $\square$ -inequality, besides the above Banach filling extremality, where the cube  $[0, 1]^n$  is replaced by the Cartesian product of regular Euclidean  $n_j$ -simplices, denoted  $\times_j \Delta_{n_j}$ ,  $n_j \geq 1$ .

Start with the case  $n_j = 1$  and define a  $\Delta_n$ -space as a topological space with a distinguished collection of subsets, called *faces*  $F_i = f_i(\Delta_n)$ ,  $i = 0, 1, \dots, n$ , indexed by the  $n - i + 1$  codimension one faces in  $\Delta_n$ , such that the intersection  $\bigcap_{i \in I} F_i$  is empty and where the union  $\bigcup_{i=0}^n F_i \subset X$  is regarded as the boundary  $\partial X$ .

If  $X$  is a normal space, it admits a continuous map  $\tilde{f} : X \rightarrow \Delta_n$ , such that every face of  $X$  goes to the corresponding face of the simplex  $\Delta_n$ , where this is unique up to homotopy.

Let  $(M, d)$  be a metric space and denote by  $\Sigma = \Sigma_P : M \rightarrow \mathbb{R}_+$  the sum of the distance functions to the faces,

$$\Sigma(x) = \sum_i d(x, F_i)$$

let

$$\Sigma_\partial = \Sigma_\partial(x) = \inf_{p \in \partial P} \Sigma(p)$$

and let

$$= \Sigma_\partial(x) / \Sigma_\partial(\Delta_n)$$

If the map  $\tilde{f} : X \rightarrow \Delta_n$  has non-zero degree, then

$$[n](X) \geq [n](\Delta_n)$$

*Proof.* There obviously exists an axial partition of unity  $\mathcal{P} = \{p_i\}_{i=0}^n$  in  $\mathbb{R}^n \supset \Delta_n$  with  $n + 1$  axes  $\mathbb{R}_i \subset \mathbb{R}^n$  that are normal to the  $(n - i)$ -faces of  $\Delta_n$ .

and such that the quasi-projectors  $\pi_i$  on  $\Delta_n$ , that are  $\pi_i : \Delta_n \rightarrow \mathbb{R}_i = \mathbb{R}$ , are given by the functions  $\pi_i(x) = \frac{x_i}{\sqrt{x_i^2 + 1}}$  for  $x = \sqrt{x_i^2 + 1}$ .

Let  $\pi_i : \mathbb{R}^n \rightarrow \mathbb{R} = \mathbb{R}_i$  be given by  $\pi_i(x) = \frac{x_i}{\sqrt{x_i^2 + 1}}$  and observe that the map

$$\pi = \sum_i \pi_i : \mathbb{R}^n \rightarrow \Delta_n$$

sends the boundary of  $\mathbb{R}^n$  outside the interior of  $\Delta_n$  where, moreover, this map

$$\pi : \mathbb{R}^n \setminus \partial(\Delta_n)$$

is homotopic to

$$\pi : \Delta_n \subset \mathbb{R}^n \setminus \partial(\Delta_n)$$

Since  $\pi(x) = \pi(y) \neq 0$ , the image of  $\pi$  homologically stably covers  $\Delta_n$  and the proof follows for

$$[n](\pi) \leq \pi^n(\pi) \leq \pi^{-n}$$

Now we turn to metric  $\times_j \Delta_{n_j}$ -spaces, where  $n_j = 1, 2, \dots$ , and where a  $\times_j \Delta_{n_j}$ -structure is given by a collection of "faces"  $F_{ji} \subset \times_j \Delta_{n_j}$ ,  $i = 1, \dots, n_j$  and where  $F_{ji}$  correspond to those faces of codimension 1 in the Cartesian product that equal the pullbacks of the faces of  $\Delta_{n_j}$  under the coordinate projection  $\times_j \Delta_{n_j} \rightarrow \Delta_{n_j}$ .

The condition we impose on the set of faces  $F_{ji}$  reads: a subset of faces has a common point in  $\times_j \Delta_{n_j}$  only if the corresponding faces in  $\times_j \Delta_{n_j}$  have a common point.

This is equivalent to the existence of a continuous map  $\pi : \times_j \Delta_{n_j} \rightarrow \times_j \Delta_{n_j}$  that sends faces to faces, where such a  $\pi$  is unique up-to a homotopy.

Let

$$\Sigma_j(\pi) = \sum_{i=1, \dots, n_j} P(F_{ji}) \quad \Sigma_{\partial_j} = \Sigma_{\partial_j}(\pi) = \inf_{p \in \partial P} \Sigma_j(\pi)$$

$$\pi_j = \Sigma_{\partial_j}(\pi) / \Sigma_{\partial}(\Delta_{n_j})$$

If the map  $\pi : \times_j \Delta_{n_j} \rightarrow \times_j \Delta_{n_j}$  has non-zero degree, then

$$[n_1 + \dots + n_j](\pi) \geq \prod_{j=1, \dots, k} \pi_j^{n_j}(\Delta_{n_j})$$

*Proof.* Take a partition of unity in  $\mathbb{R}^{n_1 + \dots + n_k} \supset \times_j \Delta_{n_j}$  with the axes normal to the faces of  $\times_j \Delta_{n_j}$  and argue as earlier.

## 9.1 Digression: Acute Polyhedra.

What should be a generalization of the above for *non-regular* simplices  $\Delta_{n_j}$ ? Namely, what is the sharp lower bound on the distance function  $P(x) = \frac{x_1}{\sqrt{x_1^2 + 1}}$  for  $x_1, x_2 \in \mathbb{R}$  that would imply  $[n](\pi) \geq \times_j \Delta_{n_j}$ ?

Notice in this respect, if  $P$  is a convex *acute* Euclidean polyhedron, i.e. all dihedral angles are  $\leq \pi/2$  then the distances to its codimension 1 faces  $\pi_i : \mathbb{R}^n \rightarrow \mathbb{R}$  ( $\pi_i(x) = \frac{x_i}{\sqrt{x_i^2 + 1}}$ ) satisfy

$$\sum_i \pi_i(x) = \pi(x) \quad \text{for } \pi_i = \pi_i^{-1} \quad \pi_{n-1}(\pi_i(x))$$

but the mere  $\sum_i \alpha_i \geq \pi$  does not non-sufficient even for  $\mathbb{S}^2$  (homologically) over (i.e. mapped with non-zero degree to) *non-regular* Euclidean triangles  $\Delta_2$ .

What is the minimal set of (preferably linear and/or log-linear) inequalities between  $\alpha_i$  that would imply  $\sum_i \alpha_i \geq \pi$ ?

This question make sense for all acute Euclidean polyhedra besides  $\times_j \Delta_{n_j}$  (some "non-acute" lower volume bounds can be derived from "acute" ones, see 7.3 in [11]) but, in fact, there aren't any other by *Steinitz(?) theorem*:

*every acute polyhedron  $P \subset \mathbb{R}^n$  is a Cartesian product of simplices.*

*Proof.* Start by observing that an acute convex *spherical polyhedron* (that is an intersection of hemispheres in  $\mathbb{S}^n$ ) is either a *simplex*, or, in the degenerate case, the *spherical suspension* over a simplex in  $\mathbb{S}^{n-1} \subset \mathbb{S}^n$ .

Indeed, the dual polyhedron, say  $P^\circ \subset \mathbb{S}^n$ , has all its edges longer than  $\pi/2$ . Consequently, the distance between *every two* vertices in  $P^\circ$  is  $\geq \pi/2$ ; hence, there are at most  $n+1$  vertices in  $P^\circ$ .

Also note that (non-strictly) acute spherical triangles  $\Delta \subset \mathbb{S}^2$  have all their edges bounded in length by  $\pi/2$ . It follows that all  $(n-1)$ -faces,  $F_{n-1} = \Delta_1 \times \dots \times \Delta_{n-1}$ , of acute spherical  $n$ -simplices are acute.

Now, let  $P$  be *Euclidean* acute take an  $(n-1)$ -face  $F_{n-1} \subset P$ , move its supporting hyperplane  $H_{n-1} = Q \supset F_{n-1}$ , inward parallel to itself until it hits a vertex, say  $v \in P$  and denote by  $P_p \subset \mathbb{R}^n$  the so moved hyperplane.

Since the normal projections from  $P$  onto the hyperplanes supporting  $(n-1)$ -faces adjacent to  $v$  send  $v$  *into* (hence, *onto*) these faces, all of  $P$  is contained in the "band"  $[Q - P_p] \subset \mathbb{R}^n$  between the parallel hyperplanes  $Q \subset \mathbb{R}^n$  and  $P_p \subset \mathbb{R}^n$ . Moreover,

- if the opposite face  $F = P \cap H_p$  has  $\angle(F) = \pi - 1$  then  $P$  is orthogonally splits into the Cartesian product of  $F$  with a segment; it is seen with the two orthogonal projections  $P \rightarrow F$ .

- If  $P$  is an  $(n-1)$ -simplex and  $\angle(F) < \pi - 1$  then, obviously,  $P$  is an  $n$ -simplex.

Since the spherical polyhedra underlying the tangent cones at all vertices of  $P$  are acute, • and •• apply to the faces of  $P$ .

Namely, let  $\Delta^m \subset P$  be a *simplex*-face of *maximal* dimension  $m$ . Then every  $(m+1)$ -face containing this  $\Delta^m$  orthogonally splits according to • and ••. It follows by induction on  $m$  that all of  $P$  splits,  $P = \Delta^m \times P'$ , and the proof is concluded by induction on  $m$ .

Conclude by noticing that the number of  $(n-1)$ -faces of a *convex* polyhedron  $P \subset \mathbb{R}^n$  with all dihedral angles  $\leq \pi - \epsilon$ , is (obviously) universally bounded, say by  $100^{n/\epsilon}$ ; a classical problem in convexity is to "effectively enumerate" these

## 10 Volume Stability In The Riemannian Category.

The Burago-Ivanov Volume rigidity theorem (see section 5), like any other sharp inequality between two geometric invariants,

$$V_1(P)/V_2(P) \geq 1$$

where the equality implies that  $\mathcal{M}_1$  is isometric to a particular space  $\mathcal{M}_0$  (or a member of a "small explicit" class of manifolds) raises the following

- Stability Problems.* (a) Describe spaces  $\mathcal{M}_1$  where  $\mathcal{M}_1(\epsilon)/\mathcal{M}_2 \leq 1 + \epsilon$  ;  
 (b) find a metric in the space  $\mathcal{X}$  of all  $\mathcal{M}_1$ , such that the subspace  $\mathcal{X}_\epsilon \subset \mathcal{X}$  of those  $\mathcal{M}_1$  where  $\mathcal{M}_1(\epsilon)/\mathcal{M}_2 \leq 1 + \epsilon$  is compact.

Prior to engaging into general discussion on relevant metrics in the space of metric spaces (we shall come to this in Part 2 of the paper and in [17] ) it is instructive to look at a "metric" in the space of Riemannian manifolds, which (almost) adequately reflects the volume rigidity picture.

### 10.1 Directed Lipschitz Metric Normalized by Volume.

To simplify/normalize, let  $X$  and  $X'$  be closed connected oriented Riemannian  $n$ -manifolds with  $\text{Vol}(X) = \text{Vol}(X') = 1$ .

Define  $\overrightarrow{Lip/vol}(X' \rightarrow X)$  as the infimum of  $\epsilon \geq 0$ , such that  $X'$  admits an  $\epsilon$ -Lipschitz map  $f: X' \rightarrow X$  of degree  $\pm 1$ , where, observe,  $\epsilon = 1 + \delta + \eta$ .

This "metric" is *non-symmetric*, it may be equal  $+\infty$ , but it satisfies the *triangle inequality* and it equals zero if and only if  $X$  and  $X'$  are isometric.

There is nothing wrong with being non-symmetric. Limits make perfect sense for such "metrics".

For example, the "true", in the category theoretic sense, Hausdorff metric on subsets  $A \subset B$ , call it  $\overrightarrow{Hau}(A \rightarrow B)$  – *the minimal  $\delta$  such that  $A$  is contained in the  $\delta$ -neighbourhood of  $B$* , is also non-symmetric.

Let us show that suitable bounds on the diameters and curvatures guaranty an "almost isometric" diffeomorphism between  $n$ -close manifolds.

Denote the minimum of the diameters of  $X$  and  $X'$  by

$$d_{min} = \min(\text{diam}(X), \text{diam}(X'))$$

and the maximum of the absolute values of their sectional curvatures at all tangent 2-planes by

$$|K|_{max} = \left( \sup_{\tau_2 \subset T(X)} |\tau_2|, \sup_{\tau'_2 \subset T(X')} |\tau'_2| \right)$$

$\overrightarrow{D} \leq \epsilon \Rightarrow \overrightarrow{D} \leq \epsilon$ . Given numbers  $\epsilon = 1/2$ , and  $\delta \geq 0$ , there exists an  $\epsilon = (\delta^2) > 0$ , such that the Riemannian  $n$ -manifolds  $X'$  and  $X$  satisfying the inequalities

$$d_{min} \leq \delta, |K|_{max} \leq \delta \text{ and } \overrightarrow{Lip/vol}(X' \rightarrow X) \leq \epsilon$$

are diffeomorphic.

Moreover, the implied diffeomorphism  $f: X' \rightarrow X$  is  $(1 + \delta)$ -bi-Lipschitz with  $\delta \rightarrow 0$  for  $\epsilon \rightarrow 0$ .

To show this, rescale the metrics in  $X$  and  $X'$  in order to have  $|K|_{max} = 1$  and then approximate the implied  $\epsilon$ -Lipschitz map  $f: X' \rightarrow X$  by a  $(1 + \delta)$ -bi-Lipschitz diffeomorphism  $\tilde{f}: X' \rightarrow X$  as follows.

Denote by  $\tilde{B}_x(\rho) \xrightarrow{\exp}$  the ball in the tangent space  $T_x(M)$  with the metric induced from  $M$  by the exponential map and observe that if  $\rho$  is sufficiently small,  $\text{Vol}_0(\tilde{B}_x(\rho)) > 0$ , and  $\rho$  is much smaller than  $r$ , then, for every  $\rho' \in \mathbb{R}$ ,

the map  $\tilde{B}_x(\rho)$  from the ball  $\tilde{B}_{x'}(\rho') \subset T_{x'}(M)$  to  $\tilde{B}_x(\rho) \subset T_x(M)$ ,  $\rho = \rho'$ , uniquely lifts to a map  $\tilde{B}_{x'}(\rho') \rightarrow \tilde{B}_x(\rho)$ .

Indeed, if otherwise, the map  $\tilde{B}_{x'}(\rho')$  would send some short geodesic loops from  $\tilde{B}_{x'}(\rho')$  to loops contractible in their immediate vicinity in  $T_x(M)$ ; this, in turn, would imply that  $\text{Vol}_0(\tilde{B}_x(\rho)) = 0$ .

Now we turn  $\tilde{B}_x(\rho)$  into a diffeomorphism as follow. Take the center of mass  $\tilde{x} \in \tilde{B}_x(\rho) \subset T_x(M)$  of the Riemannian measure of  $\tilde{B}_x(\rho)$  mapped to  $\tilde{x} \in T_x(M)$  by  $\tilde{B}_{x'}$  and let  $\tilde{B}_{x'}(\rho') = \exp_{x'}(\tilde{x}) \in T_{x'}(M)$ . It is easy to see, as in [?], [?], that for small  $\rho > 0$  and  $\rho' \ll \rho$ ,

the so defined map  $\tilde{B}_{x'}(\rho') \rightarrow \tilde{B}_x(\rho)$  is a  $(1 + \epsilon)$ -Lipschitz diffeomorphism, where  $\epsilon \rightarrow 0$  for  $\rho \rightarrow 0$  and  $\rho' \rightarrow 0$ .

It is significant that the above does not work if you replace the bound on the diameters of  $\tilde{B}_x(\rho)$  and  $\tilde{B}_{x'}(\rho')$  by volume bounds, i.e. if you bound  $|\tilde{B}_x(\rho)|_{max} \leq 2/n$  while allowing  $|\tilde{B}_{x'}(\rho')|_{max} \cdot \frac{2}{min} \rightarrow \infty$ .

(Counter)example. Let  $M_0$  and  $M'_0$  be complete Riemannian  $(n-1)$ -manifolds that are cylindrical at infinity and have their sectional curvatures bounded by  $|\text{Curv}| \leq 1/2$ . Let  $\tilde{B}_0: M'_0 \rightarrow M_0$  be a 1-Lipschitz map that is isometric at infinity.

Thus, both manifold equal  $\mathbb{R}^{n-1} \times [0, \infty)$  on their common cylindrical end for a closed  $(n-2)$ -manifold  $S$ , where we denote by  $(r) = (r') \in [0, \infty)$ ,  $r \in M_0$ ,  $r' \in M'_0$ , the axial parameter on this end.

(All this can be arranged, for instance, if  $M_0$  is diffeomorphic to  $\mathbb{R}^{n-1}$  and  $M'_0$  is diffeomorphic to the complement of a ball in an arbitrary closed  $(n-1)$ -manifold, where  $M_0$  and  $M'_0$  can be made isometric to  $\mathbb{R}^{n-2} \times [0, \infty)$  at infinity.)

Let  $\phi$  be a smooth positive function on  $M_0$  and let  $\phi'(r') = (1 - \phi(r)) \phi(r')$ ,  $r' \in M'_0$ . (One may take an  $\phi$  which depends only on  $r$  on the cylindrical end of  $M_0$ , i.e.  $\phi(r) = \phi(r')$ , and which is constant away from this end.)

Multiply  $M_1$  and  $M'_1$  by the unit circle  $S^1$  and modify the product metrics in  $M_1 = M_0 \times S^1$  and  $M'_1 = M'_0 \times S^1$  by multiplying the circles over  $r \in M_0$  and  $r' \in M'_0$ , that are  $M_0 \times S^1$  and  $M'_0 \times S^1$ , by the functions  $\phi$  and  $\phi'$  respectively. Denote by  $M_\phi$  and  $M'_{\phi'}$  the resulting complete Riemannian  $n$ -manifolds, where we organize the matter with a suitable  $\tilde{B}$ , such that both manifolds  $M_\phi$  and  $M'_{\phi'}$  have  $|\tilde{B}| \leq 1$ .

Observe that the map  $\tilde{B}_1: M'_{\phi'} = M'_0 \times S^1 \rightarrow M_\phi = M_0 \times S^1$  for  $(r') \mapsto (r_0(r'))$  is  $(1 + \epsilon)$ -Lipschitz for these metrics.

There obviously exists an axial value  $\epsilon \in [0, \infty)$ , such that the integrals of the two functions over the cut-off manifolds  $M_0(\epsilon) \subset M_0$  and  $M'_0(\epsilon) \subset M'_0$ , defined by  $(r) \in (r') \leq \epsilon$ , are equal. Then the corresponding compact  $n$ -manifolds  $M_\phi(\epsilon) \subset M_\phi$  and  $M'_{\phi'}(\epsilon) \subset M'_{\phi'}$ , with the boundaries  $M_\phi(\epsilon) = M'_{\phi'}(\epsilon) = \mathbb{R}^{n-1} \times \epsilon$ , have equal  $n$ -volumes.

If we replace  $\tilde{B} \mapsto \tilde{B}$  and  $\tilde{B}' \mapsto \tilde{B}'$  with an arbitrary  $\tilde{B} > 0$ , we do not change the curvatures of the manifolds; thus we can make the volumes of  $M_\phi(\epsilon)$  and  $M'_{\phi'}(\epsilon)$  arbitrarily small, say both equal  $\tilde{B}/2$  (to avoid more letters in the notation) still keeping  $|\tilde{B}| \leq 1$ .

Finally, we take the doubles of these manifolds and obtain, for all  $\epsilon \geq 3$  and arbitrarily small  $\delta > 0$ , lots of

closed Riemannian  $n$ -manifolds  $M = M(\epsilon, \delta)$  and  $M' = M'(\epsilon, \delta)$  both with  $|K| \leq 1$  and with the volumes  $V = V(\epsilon, \delta)$ , where  $M$  admits a  $(1 + \delta)$ -Lipschitz map  $f : M' \rightarrow M$  of degree 1 that is not a homotopy equivalence. (The diameters of these manifolds are  $\approx \epsilon \approx V^{-1}$ .)

One can recapture, however, the implication  $\mathbf{D}^{\rightarrow} \leq \delta \Rightarrow \mathbf{D}^{\leftarrow}$  for complete Riemannian manifolds with  $|K| \leq 1$  if, for a given  $\delta = 1/2$ , the condition  $(f^{-1})_*(\cdot) = (\cdot)$  is replaced by

$$[f^{-1} \lesssim_{\epsilon} \cdot] \quad (f^{-1}(\cdot)) \leq (\cdot + \delta) \quad (\cdot) \text{ for all unit balls } \subset M$$

Then, the argument used for  $\mathbf{D}^{\rightarrow} \leq \delta \Rightarrow \mathbf{D}^{\leftarrow}$  also delivers

an approximation of every proper  $(1 + \delta)$ -Lipschitz map  $f : M \rightarrow M'$  of degree 1 by a locally diffeomorphic locally  $(1 + \delta)$ -bi-Lipschitz map  $f' : M \rightarrow M'$  for all sufficiently small  $\delta = \delta(\epsilon) > 0$  and  $\delta \rightarrow 0$ . (Such an approximating map  $f' : M \rightarrow M'$  necessarily is a  $\delta$ -sheeted covering map.)

*Questions.* Let  $M$  and  $M'$  be Riemannian  $n$ -manifolds (or possibly singular Alexandrov spaces for this matter) with their sectional curvatures bounded from below by  $-1$  and let  $f : M \rightarrow M'$  be a  $(1 + \delta)$ -Lipschitz map of degree 1 that satisfy  $[f^{-1} \lesssim_{\epsilon} \cdot]$ .

Does then, for small  $\delta > 0$ , the map  $f$  lift to a homotopy equivalence between  $M$  and a  $\delta$ -sheeted covering of  $M'$ ? (This is easy in the non-collapsed case.)

Is, moreover,  $M$  homotopic to a locally homeomorphic map?

Is there anything meaningful here with the lower bound on the sectional curvatures relaxed to a lower bound on the Ricci curvatures of  $M$  and/or  $M'$ ?

What happens for  $(f^{-1})_*(\cdot) - (\cdot) = \delta > 0$ ?

Namely, let  $f : M \rightarrow M'$  be an  $(1 + \delta)$ -Lipschitz map such that  $(f^{-1})_* \leq \|k(\cdot)\|_{vol_k} \cdot (\cdot)$ , where  $\|k(\cdot)\|_{vol_k}$  is the  $\mathbb{R}$ -mass of the homology class  $k(\cdot) \in k(M')$  that is the class represented by a generic pullback  $f^{-1}(\cdot) \subset M$ ,  $\epsilon \in M'$ .

Are there particular topological/homological constraints on such an  $M$  for small  $\delta$  in the case where  $M$  and  $M'$  satisfy specified bounds on their sizes and the local geometries, say an upper bound on the diameters and on the absolute values of the sectional curvatures?

## 10.2 Mean Curvature Stability.

Below is another kind of situation where Lipschitz and volume confront one another.

Let  $M$  and  $M'$  be smooth Riemannian  $n$ -manifolds,  $f = f_{\epsilon} : M \rightarrow M'$  be a  $(1 + \delta)$ -bi-Lipschitz homeomorphism and let  $\phi : M \rightarrow \mathbb{R}$  be a continuous function.

Let  $\Sigma \subset M$  be a smooth closed cooriented hypersurface with mean curvature  $\phi|_{\Sigma} = \phi(\cdot)$  and let positive numbers  $\delta > 0$  be given.

If  $\delta \leq \delta_0 = \delta_0(\phi) > 0$ , then there exists a closed hypersurface  $\Sigma_{min'} \subset M$  such that the following conditions  $[\mathbf{U}_{\rho}]$ ,  $[\mathbf{mn.curv}_{\pm}]$  and  $[\mathbf{diff}]$  are satisfied.

$[\mathbf{U}_{\rho}]$   $\Sigma_{min'}$  is contained in the  $\rho$ -neighbourhood  $\rho(\cdot) \subset M$  of  $\Sigma$  where it is homologous to  $\Sigma$ .



[**mn.curv±**] The hypersurface  $\Sigma'_{min} = \rho^{-1}(\rho_{min}') \subset \Sigma'$  is  $C^2$ -smooth and its mean curvature with respect to the Riemannian metric in  $\Sigma'$  satisfies

$$|\mu(\Sigma'_{min}) - \mu(\Sigma')| \leq \epsilon \quad \text{for } \rho(\Sigma') = \rho_{min}' \text{ and all } \Sigma' \in \mathcal{H}'_{min}$$

Notice that even if  $\Sigma'$  is smooth, the hypersurface  $\Sigma'_{min} \subset \Sigma'$  is *not, in general,  $\epsilon$ -close to  $\Sigma'$* . Moreover, even for  $\rho(\Sigma') = 1$ , the normal projection  $\rho: \Sigma'_{min} \rightarrow \Sigma'$  is *not, typically, one-to-one*. However,

[**diff**] the manifold  $\Sigma'_{min}$  is diffeomorphic to  $\Sigma'$ . In fact the composition of  $\rho: \Sigma'_{min} \rightarrow \Sigma'$  with the normal projection  $\rho: \Sigma' \rightarrow \Sigma'$  can be approximated by a diffeomorphism  $\Sigma'_{min} \rightarrow \Sigma'$ .

*Proof.* We may assume that  $\Sigma'$  is connected and  $\Sigma' \supset \Sigma'_{min}$  equals a small normal neighbourhood of  $\Sigma'$ . Thus,  $\Sigma'$  divides  $\Sigma'$  into two halves, call them *inside and outside* of  $\Sigma'$ , written  $\Sigma'_{in} \subset \Sigma'$  and  $\Sigma'_{out} \subset \Sigma'$ , with common boundary  $\partial(\Sigma'_{in}) = \partial(\Sigma'_{out}) = \Sigma'$ .

-Area and -Bubbles. Given a measure  $\mu$  on  $\Sigma'$ , let

$$-\mu(\Sigma') =_{def} \int_{\Sigma'} \mu - \mu(\Sigma'_{in})$$

and call a hypersurface  $\Sigma' \subset \Sigma'$  a *stable -bubble* if it *locally minimizes* the function  $\Sigma' \mapsto -\mu(\Sigma')$  among all hypersurfaces in  $\Sigma'$  homologous to  $\Sigma'$ .

If  $\mu$  is given by a continuous density function  $\rho(y)$ ,  $\rho \in C^0$ , i.e.  $\mu = \rho \cdot \nu_n$  for the Riemannian  $n$ -volume (measure)  $\nu_n$ , then these are called *-bubbles*. Clearly, the mean curvature of a  $\rho$ -bubble  $\Sigma' \subset \Sigma'$  satisfies  $\mu(\Sigma') = \rho(\Sigma')$ .

In particular,  $\rho$ -bubbles, where  $\rho$  equals the Riemannian  $n$ -volume  $\nu_n$  in times  $\epsilon \in \mathbb{R}$ , have constant mean curvature

*Local Traps.* Let  $\Sigma' \subset \Sigma'$  be a closed smooth cooriented hypersurface and  $\rho(y)$  be a  $C^1$ -smooth function such that  $\rho(y) = \rho(y)$  for all  $y \in \Sigma'$ .

If the inward normal derivative  $\frac{d\rho(y)}{d\nu'^n}$  on  $\Sigma'$ , is sufficiently large, namely

$$-\frac{\rho(\Sigma')}{\nu_n(\Sigma')} > \frac{2}{\nu_n(\Sigma')} + \sum X \left( \frac{\rho_{in}}{\nu_n} - \frac{\rho_{out}}{\nu_n} \right) \text{ for all } \Sigma' \in \mathcal{H}'_{min}$$

where  $\sum^2$  denotes the sum of squares of the principal curvatures of  $\Sigma'$  and where, observe,  $\left( \frac{\rho_{in}}{\nu_n} - \frac{\rho_{out}}{\nu_n} \right) = \left( \frac{\rho_{out}}{\nu_n} - \frac{\rho_{in}}{\nu_n} \right)$ , then

$\Sigma'$  is a stable  $\rho$ -bubble; moreover, there is a (small) neighbourhood  $\mathcal{H}'_0 \subset \mathcal{H}'_{min}$  of  $\Sigma'$ , such that every hypersurface  $\Sigma' \neq \Sigma' \in \mathcal{H}'_0$  homologous to  $\Sigma'$  has strictly greater  $\rho$ -area than  $\Sigma'$ .

This trivially follows from the *second variation formula* for  $\nu_{n-1}(\Sigma')$ .

Now, given a smooth hypesurface  $\Sigma' \subset \Sigma'$ , let  $\rho: \Sigma' \rightarrow \mathbb{R}$  be equal the mean curvature of  $\Sigma'$  on  $\Sigma'$  and have large inward normal derivative. Then (almost) obviously, the domain  $\rho^{-1}(\rho_0) \subset \Sigma'$  contains a locally minimal  $\rho$ -bubble, say  $\Sigma'_{min} \subset \rho^{-1}(\rho_0)$ , homologous to  $\rho^{-1}(\rho_0) \subset \Sigma'$  for all  $\epsilon \leq \left( \frac{\rho_0}{\nu_n(\Sigma')} \right) > 0$

The hypersurface  $\Sigma'_{min}$  can be, a priori, singular. However, if  $\rho$  is sufficient

to the volume of the Eucliden ball  $\frac{n-1}{Eucl}(\cdot)$  for all  $\epsilon \in \frac{\epsilon}{min}$ . Since  $\cdot$  on the  $\epsilon$ -scale has almost the same filling inequalities as  $\mathbb{R}^{n-1}$ , it follows, by the standard monotonicity argument, that the ratio

$$\frac{n-1(\cdot \cap \frac{\epsilon}{min})}{n-1(\frac{n-1}{Eucl}(\cdot))}$$

is close to one for all *arbitrarily small* balls.

Hence, by Almgren-Allard regularity theory (that is the only non-elementary ingredient of our argument) the hypersurface  $\frac{\epsilon}{min}$  is  $C^2$ -smooth with the mean curvature equal  $\frac{\epsilon}{min}$  on it.

It remains to show that  $\frac{\epsilon}{min}$  is diffeomorphic to  $\cdot$ .

You may assume  $\cdot$  is smooth, this does not cost you anything for small  $\epsilon$ , but the geometric measure theory tells you nothing, a priori, about the topology and geometry of  $\frac{\epsilon}{min} \subset \cdot$  and of the corresponding  $min' = (\frac{\epsilon}{min}) \subset \cdot$ .

Yet, since  $\frac{\epsilon}{min}$  is a *minimal* bubble, and  $\cdot$  is  $(1 + \epsilon)$ -bi-Lipshitz, the hypersurface  $min'$  is  $\epsilon$ -quasi-minimal for  $\epsilon$  and  $\epsilon \approx \epsilon$  in the sense of [?] on *all sufficiently small scales*. Then the standard blow-up rescaling/limit argument yields the following.

*Weak Distortion Property.* If the distance function from a point  $\epsilon$  to  $min'$  has two minima  $\epsilon_1, \epsilon_2 \in min'$ ,

$$(\epsilon_1) = (\epsilon_2) = \epsilon = (\epsilon_{min'})$$

then the angle between the corresponding minimal geodesic segments  $[\epsilon_1]$  and  $[\epsilon_2]$  at  $\epsilon$  must be small, roughly of order  $\epsilon$ , for all not very large  $\epsilon$ .

It follows that the distance function  $\epsilon \rightarrow (\epsilon_{min'})$ , say outward  $min'$ , can be "bi-Lipschitz" approximated in the  $\epsilon$ -neighbourhood  $\delta(\epsilon_{min})$  for, say  $\delta = 100^n$  for a sufficiently small  $\epsilon$  and  $\epsilon$ . by a smooth function  $(\epsilon)$  *without critical points* which vanishes on  $min'$ . Similarly one sees that the normal projection of the  $\epsilon/2$ -level of  $(\epsilon)$  to  $\epsilon$  is a diffeomorphism. QED.

*Concluding Remarks.* The  $(1 + \epsilon)$ -bi-Lipschitz assumption, as well as the  $\epsilon$ -Lipschitz constrain on maps in the previous section, are unduly restrictive. These will be relaxed in the Hilbert volume framework, in the spirit of Stephan Wenger's metric in the space of manifolds, [23] [24], in Part 2 of our paper.

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