

dist  $(F(x), F(y)) \leq \sqrt{5} dst_g(x,y)$ No p-re nxousagn:  $1 = \text{vol}_{2} ([0,1]^{2}, c_{1}, \text{nep}) = \text{vol}_{2} (F(0), c_{1}, \text{nep}) \leq \int |\mathcal{J}acF| \leq \int_{(0,5)} 2 = 2 \text{vol}_{2} (0,5)$ Пригожение Сепораторы двушрной еферы  $(S^2,g)$  purander glympusue expers Conaparopau  $(S^2,g)$  nayabér hetero  $\gamma: [0,1) \rightarrow S^2$ northant genut  $S^2$  ha espacer innousage is  $\leq \frac{3}{4}A$  $A = vol_2(S_{19}^2)$ Teopera J cenapatop grunt & 256A' D-loo WLOG A=1. Boolpen kparrament chaparop J guns lenz-l
genrugun copepy na Searre o neongagaren 1 4 2 4 4 u 1427251 Ecnu cett ropothur mytt of KL go MN grunn 2 C/4  $\gamma'$  or participation of the property of the K, L, M, N gener y na 4 kycka pabnon grupton len y' < \frac{3}{4}l + \frac{2}{4} = l 7 - cenapatop kopore, run y Shorut, dist (KL, MN) > l/4, dist (LM, KN) > l/4

u no repalencity Begundered  $2 > \frac{1}{2}$  =>  $\ell \leq \sqrt{24} = 2\sqrt{6}$