

$$u(z) \geq u(z) + (\sqrt{u(z)}, \chi_{m,n} z) \rightarrow$$

$$\text{Vol } \Omega = \int_{\Omega} (\det \nabla \varphi) \leq \int_{\Omega} \frac{\Delta u}{n} \leq \int_{\partial \Omega} \frac{|\nabla u|}{n} \leq \sup_{\partial \Omega} |\nabla u| \frac{A(\partial \Omega)}{D(\Omega)} \leq \left( \frac{\sup |u|}{D(\Omega)} \right)$$

$$\text{Donc } (C)^n \leq \left( \frac{\sup |u|}{\text{Dens}} \right)^n \left( \frac{A(\partial \Omega)}{n} \right)^n = \left( \sqrt[n]{\frac{A(\partial \Omega)}{n}} \right)^n$$

$$C_0 \cdot \bar{n}^n \cdot w_m \leq \frac{A(\bar{\alpha})^n}{\text{Vol}(p)^{n-1}} \cdot \left( \int_{\text{Jac } \nu(t)} \text{Jac } p \right) = \dots$$

Random: On rest ing  $B(x_{min}, \frac{2p|V|}{D_{avg}}) \subset \nabla u(z)$

Unité car. "

$$\nabla_n: M \rightarrow T^*M \quad \nabla_n(z) = v = (z, v) \quad \left| \begin{array}{l} \frac{d}{dt} T^*M \rightarrow T^*M \\ \frac{d}{dt} \left( \frac{1}{2} \dot{q}^2 \right) = \dot{q}^2 \end{array} \right|$$

$$d\varphi_{\alpha}^{\vee}(X) \in T_{\vee} TM, \quad K(\xi^{\vee}) = \frac{2}{\sqrt{g(A)}}(X)$$

$$g(x) = \frac{u(x) \cdot f(p(x))}{u(x) - f(p(x))} \leq u(x) - f(p(x))$$

$$\nabla_{\mu}(\gamma_p | \gamma \rightarrow p) \geq \nabla_{\mu}(\bar{p} | \bar{p}, \gamma_p) | \gamma \rightarrow p$$

$$|\nabla u|_{p,p} \leq |\nabla v|_{p,p}$$

$$|p_n| \cdot |p_n| \geq \frac{|p|}{n}$$

$$\rightarrow \Omega$$

$$P_2(\xi) = \frac{d}{dx} P_1 \left( \frac{x^2}{w+1} \sqrt{w} \right)$$

$$f(z) = \frac{1}{2\pi i} \int_{\gamma} \frac{f(\zeta)}{z - \zeta} d\zeta$$