

WAISTS OF BALLS IN DIFFERENT SPACES

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Gromov and Memarian [5, 6] have established the *waist inequality* asserting that for any continuous map $f : \mathbb{S}^n \rightarrow \mathbb{R}^{n-k}$ there exists a fiber $f^{-1}(y)$ such that every its t -neighborhood has measure at least the measure of the t -neighborhood of an equatorial subsphere $\mathbb{S}^k \subset \mathbb{S}^n$.

Going to the limit we may say that the $(n - k)$ -volume of the fiber $f^{-1}(y)$ is at least that of the standard subsphere $\mathbb{S}^k \subset \mathbb{S}^n$. We extend this limit statement to the exact bounds for balls in spaces of constant curvature, tori, parallelepipeds, projective spaces and other metric spaces.

By the volume of preimages for a non-regular map f we mean its *lower Minkowski content*, some new properties of which will be also presented in the talk.

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