# Quantitative Geometry of Loop Spaces 

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- notion of volume on chains in $\Omega X$,
- And also have length functional Length : $\Omega X \rightarrow \mathbb{R}$.
- induces another notion of size on chains: supLength


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- Theorem: $S^{3}$ triangulated with $N 3$-simplices, inducing cell structure on $\Omega_{P L} S^{3}$. Then any cellular sweepout $\Sigma \rightarrow \Omega_{P L} S^{3}$ requires $\gtrsim N^{4 / 3} 2$-cells.

Thanks for listening!

