

# MEAN CURVATURE FLOW IN HIGHER CODIMENSION AND ISOPERIMETRIC INEQUALITIES

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ABSTRACT. We will discuss how weak mean curvature flow via elliptic regularisation can be used to prove that on a simply connected, complete manifold  $M$  with non-positive sectional curvatures the following isoperimetric inequality holds: Let  $\Sigma$  be a 2-dimensional closed integral current (or flat chain mod 2) with compact support in  $M$ . Let  $S$  be an area minimising integral 3-current (resp. flat chain mod 2) such that  $\partial S = \Sigma$ . Then  $6\sqrt{\pi}M[S] \leq (M[\Sigma])^{3/2}$ . We also obtain an optimal estimate in case the sectional curvatures of  $M$  are bounded from above by  $-\kappa < 0$  and characterise the case of equality.

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