



THE NONLINEAR POTENTIAL THEORY THROUGH THE LOOKING-GLASS

AND THE PENROSE INEQUALITY WE FOUND THERE

joint with M. Fogagnolo, L. Mazziere, A. Pluda and M. Pozzetta

Recent Advances in Comparison Geometry

杭州 (Hangzhou), February 26th, 2024

Luca Benatti

lbenatti.math@gmail.com

SCAN & DOWNLOAD



MGR in a nutshell

1

NPT and IMCF in comparison

2

Monotonicity formulas

3

The Riemannian Penrose inequalities

4

1

ONCE UPON A TIME

MGR IN A NUTSHELL

SCAN & DOWNLOAD



- **Einstein (field) equations:** the model of a gravitational system evolving through the time is a Lorentzian manifold $(\mathfrak{M}^{3+1}, \mathfrak{g})$, \mathfrak{g} with signature $(+ + + -)$, solving the system of equations

$$\mathfrak{Ric} - \frac{1}{2}\mathfrak{R}\mathfrak{g} = 8\pi T. \quad (\text{Einstein equations})$$

- **Einstein (field) equations:** the model of a gravitational system evolving through the time is a Lorentzian manifold (\mathfrak{M}^{3+1}, g) , g with signature $(+ + + -)$, solving the system of equations

$$\mathfrak{Ric} - \frac{1}{2}\mathfrak{R}g = 8\pi T. \quad (\text{Einstein equations})$$

- **Initial data set:** by [Fourès-Bruhat '52 · ACTA], Einstein equations can be interpreted as a system of PDEs for a given initial value (M, g, K) , where (M, g) is a Riemannian manifold endowed with a symmetric $(0, 2)$ -tensor K satisfying the following constraints

$$\mu = 8\pi T(n, n) = \frac{1}{2}(\mathfrak{R} + (\text{tr } K)^2 - |K|^2) \quad (\text{Energy density})$$

$$J = 8\pi T(n, \cdot) = \text{div}(K - \text{tr } K g) \quad (\text{Momentum density})$$

- **Einstein (field) equations:** the model of a gravitational system evolving through the time is a Lorentzian manifold (\mathfrak{M}^{3+1}, g) , g with signature $(+ + + -)$, solving the system of equations

$$\mathfrak{Ric} - \frac{1}{2}\mathfrak{R}g = 8\pi T. \quad (\text{Einstein equations})$$

- **Initial data set:** by [Fourès-Bruhat '52 · ACTA], Einstein equations can be interpreted as a system of PDEs for a given initial value (M, g, K) , where (M, g) is a Riemannian manifold endowed with a symmetric $(0, 2)$ -tensor K satisfying the following constraints

$$\mu = 8\pi T(n, n) = \frac{1}{2}(\mathfrak{R} + (\text{tr } K)^2 - |K|^2) \quad (\text{Energy density})$$

$$J = 8\pi T(n, \cdot) = \text{div}(K - \text{tr } K g) \quad (\text{Momentum density})$$

- **Dominant energy condition:** generalise the requirement that the energy density is nonnegative

$$\mu \geq |J|$$

- **Einstein (field) equations:** the model of a gravitational system evolving through the time is a Lorentzian manifold (\mathfrak{M}^{3+1}, g) , g with signature $(+ + + -)$, solving the system of equations

$$\mathfrak{Ric} - \frac{1}{2}\mathfrak{R}g = 8\pi T. \quad (\text{Einstein equations})$$

- **Initial data set:** by [Fourès-Bruhat '52 · ACTA], Einstein equations can be interpreted as a system of PDEs for a given initial value (M, g, K) , where (M, g) is a Riemannian manifold endowed with a symmetric $(0, 2)$ -tensor K satisfying the following constraints

$$\mu = 8\pi T(n, n) = \frac{1}{2}(\mathfrak{R} + (\text{tr } K)^2 - |K|^2) \stackrel{K=0}{=} \frac{1}{2}\mathfrak{R} \quad (\text{Energy density})$$

$$J = 8\pi T(n, \cdot) = \text{div}(K - \text{tr } K g) \stackrel{K=0}{=} 0 \quad (\text{Momentum density})$$

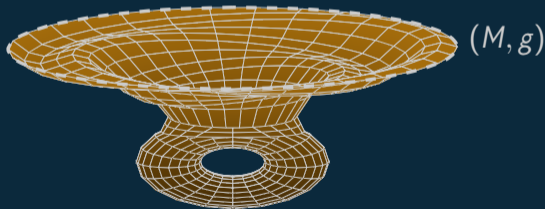
- **Dominant energy condition:** generalise the requirement that the energy density is nonnegative $\mu \geq |J| \stackrel{K=0}{\rightsquigarrow} \mathfrak{R} \geq 0$.
- **Time-symmetric:** $K = 0 \rightsquigarrow$ apparent horizons are minimal surfaces.

- **Isolated gravitational system:** a system where gravitational influences at large distances can be neglected $\rightsquigarrow (M, g)$ is asymptotically flat

- **Isolated gravitational system:** a system where gravitational influences at large distances can be neglected $\rightsquigarrow (M, g)$ is asymptotically flat

Asymptotically flat manifold

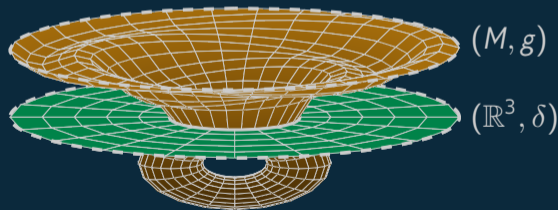
(M, g) is \mathcal{C}_τ^k -asymptotically flat provided $M \setminus K \cong \mathbb{R}^3 \setminus B_R$ and $|g - \delta| = O_k(|x|^{-\tau})$.



- o **Isolated gravitational system:** a system where gravitational influences at large distances can be neglected $\rightsquigarrow (M, g)$ is asymptotically flat

Asymptotically flat manifold

(M, g) is \mathcal{C}_τ^k -asymptotically flat provided $M \setminus K \cong \mathbb{R}^3 \setminus B_R$ and $|g - \delta| = O_k(|x|^{-\tau})$.



- o **Isolated gravitational system:** a system where gravitational influences at large distances can be neglected $\rightsquigarrow (M, g)$ is asymptotically flat

Asymptotically flat manifold

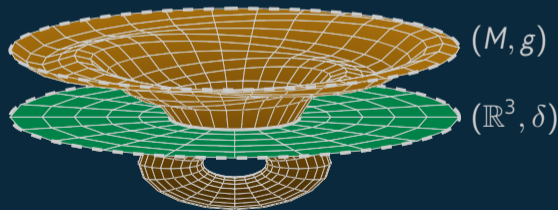
(M, g) is \mathcal{C}_τ^k -asymptotically flat provided $M \setminus K \cong \mathbb{R}^3 \setminus B_R$ and $|g - \delta| = O_k(|x|^{-\tau})$.

\mathcal{C}_1^1 -asymptotically flat

If (M, g) is \mathcal{C}_1^1 -asymptotically flat

$$|g_{ij} - \delta_{ij}| \leq C|x|^{-1}$$

$$|\partial g_{ij}| \leq C|x|^{-2}$$



Setting

(M, g) is an asymptotically flat 3-Riemannian manifold with $R \geq 0$ and connected, outermost, minimal, boundary.

Setting

(M, g) is an asymptotically flat 3-Riemannian manifold with $R \geq 0$ and connected, outermost, minimal, boundary.

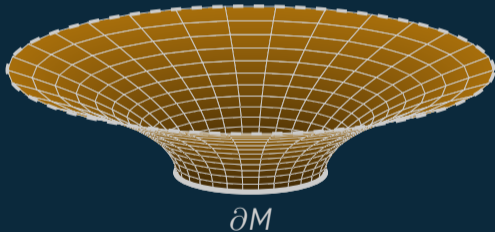
Schwarzschild solution

Given $m \geq 0$, the Schwarzschild solution is $(\mathfrak{S}(m), \sigma)$, where $\mathfrak{S}(m) \cong \mathbb{R}^3 \setminus B_{2m}$ and

$$\sigma := \left(1 + \frac{m}{2|x|}\right)^4 \delta.$$

Scalar flat ($R = 0$), asymptotically flat with minimal outermost boundary. The quantity m is the mass of the black hole and satisfies

$$m = \sqrt{\frac{|\partial M|}{16\pi}}.$$



HOW TO DEFINE THE TOTAL MASS OF YOUR GRAVITATIONAL SYSTEM?

HOW TO DEFINE THE TOTAL MASS OF YOUR GRAVITATIONAL SYSTEM?

$$\int_M \frac{\mu}{8\pi} d\text{Vol}_g \stackrel{K=0}{=} \frac{1}{16\pi} \int_M R d\text{Vol}_g$$

HOW TO DEFINE THE TOTAL MASS OF YOUR GRAVITATIONAL SYSTEM?

$$\begin{aligned}
 \int_M \frac{\mu}{8\pi} d\text{Vol}_g &\stackrel{K=0}{=} \frac{1}{16\pi} \int_M R d\text{Vol}_g \stackrel{\substack{M \cong \mathbb{R}^n \\ |g-\delta| \ll 1}}{=} \lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{B_R} \nabla R|_{\delta}(g - \delta) dx \\
 &= \lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{B_R} \partial_k (\partial_j g_{kj} - \partial_k g_{jj}) dx
 \end{aligned}$$

HOW TO DEFINE THE TOTAL MASS OF YOUR GRAVITATIONAL SYSTEM?

$$\begin{aligned}
 \int_M \frac{\mu}{8\pi} d\text{Vol}_g &\stackrel{K=0}{=} \frac{1}{16\pi} \int_M R d\text{Vol}_g \stackrel{M \cong \mathbb{R}^n}{=} \lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{B_R} \nabla R|_{\delta}(g - \delta) dx \\
 &= \lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{B_R} \partial_k (\partial_j g_{kj} - \partial_k g_{jj}) dx \\
 &= \boxed{\lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{\partial B_R} (\partial_j g_{kj} - \partial_k g_{jj}) \frac{x^k}{|x|} d\mathcal{H}^2 =: m_{\text{ADM}}}.
 \end{aligned}$$

- **ADM mass:** defined by [Arnowitt, Deser, Misner '61].

HOW TO DEFINE THE TOTAL MASS OF YOUR GRAVITATIONAL SYSTEM?

$$\begin{aligned}
 \int_M \frac{\mu}{8\pi} d\text{Vol}_g &\stackrel{K=0}{=} \frac{1}{16\pi} \int_M R d\text{Vol}_g \stackrel{\substack{M \cong \mathbb{R}^n \\ |g-\delta| \ll 1}}{=} \lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{B_R} \nabla R|_{\delta}(g - \delta) dx \\
 &= \lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{B_R} \partial_k (\partial_j g_{kj} - \partial_k g_{jj}) dx \\
 &= \boxed{\lim_{R \rightarrow +\infty} \frac{1}{16\pi} \int_{\partial B_R} (\partial_j g_{kj} - \partial_k g_{jj}) \frac{x^k}{|x|} d\mathcal{H}^2 =: m_{\text{ADM}}}.
 \end{aligned}$$

- **ADM mass:** defined by [Arnowitt, Deser, Misner '61]. [Bartnik '86], [Chruściel '86] \rightsquigarrow is a geometric invariant provided (M, g) is \mathcal{C}_τ^1 -asymptotically flat, $\tau > 1/2$.

Theorem - [Schoen, Yau '79 · CMP]

Let (M, g) a \mathcal{C}_τ^2 -asymptotically flat Riemannian manifold, $\tau > 1/2$, with $R \geq 0$, then $m_{\text{ADM}} \geq 0$. Moreover, $m_{\text{ADM}} = 0$ if and only if $(M, g) \cong (\mathbb{R}^3, \delta)$.

In dimension $3 \leq n \leq 7$ [Schoen, Yau '79 · Proc. Nat. Acad. Sci. USA], [Lohkamp '16], for spin manifolds [Witten '81 · CMP], [Bray, Kazaras, Khuri, Stern '22 · J. Geom. Anal] using harmonic functions with linear growth and [Agostiniani, Mazzieri, Oronzio '24 · CMP] using the harmonic Green function.

Theorem - [Schoen, Yau '79 · CMP]

Let (M, g) a \mathcal{C}_τ^2 -asymptotically flat Riemannian manifold, $\tau > 1/2$, with $R \geq 0$, then $m_{\text{ADM}} \geq 0$. Moreover, $m_{\text{ADM}} = 0$ if and only if $(M, g) \cong (\mathbb{R}^3, \delta)$.

In dimension $3 \leq n \leq 7$ [Schoen, Yau '79 · Proc. Nat. Acad. Sci. USA], [Lohkamp '16], for spin manifolds [Witten '81 · CMP], [Bray, Kazaras, Khuri, Stern '22 · J. Geom. Anal] using harmonic functions with linear growth and [Agostiniani, Mazzieri, Oronzio '24 · CMP] using the harmonic Green function.

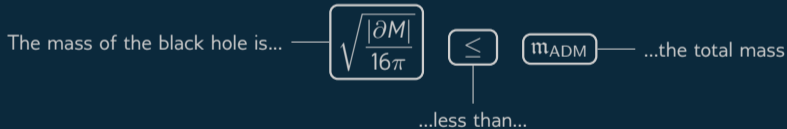
- In $(\mathfrak{S}(\mathfrak{m}), \sigma)$, it holds $m_{\text{ADM}} = \mathfrak{m}$.

Theorem - [Schoen, Yau '79 · CMP]

Let (M, g) a \mathcal{C}_τ^2 -asymptotically flat Riemannian manifold, $\tau > 1/2$, with $R \geq 0$, then $m_{\text{ADM}} \geq 0$. Moreover, $m_{\text{ADM}} = 0$ if and only if $(M, g) \cong (\mathbb{R}^3, \delta)$.

In dimension $3 \leq n \leq 7$ [Schoen, Yau '79 · Proc. Nat. Acad. Sci. USA], [Lohkamp '16], for spin manifolds [Witten '81 · CMP], [Bray, Kazaras, Khuri, Stern '22 · J. Geom. Anal] using harmonic functions with linear growth and [Agostiniani, Mazzieri, Oronzio '24 · CMP] using the harmonic Green function.

- In $(\mathfrak{S}(m), \sigma)$, it holds $m_{\text{ADM}} = m$.

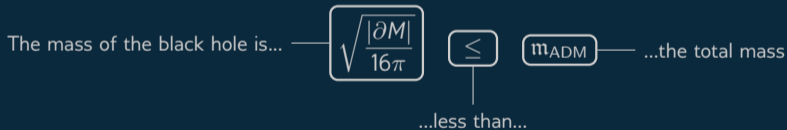


Theorem - [Schoen, Yau '79 · CMP]

Let (M, g) a \mathcal{C}_τ^2 -asymptotically flat Riemannian manifold, $\tau > 1/2$, with $R \geq 0$, then $m_{\text{ADM}} \geq 0$. Moreover, $m_{\text{ADM}} = 0$ if and only if $(M, g) \cong (\mathbb{R}^3, \delta)$.

In dimension $3 \leq n \leq 7$ [Schoen, Yau '79 · Proc. Nat. Acad. Sci. USA], [Lohkamp '16], for spin manifolds [Witten '81 · CMP], [Bray, Kazaras, Khuri, Stern '22 · J. Geom. Anal] using harmonic functions with linear growth and [Agostiniani, Mazzieri, Oronzio '24 · CMP] using the harmonic Green function.

- In $(\mathfrak{S}(m), \sigma)$, it holds $m_{\text{ADM}} = m$.



RIEMANNIAN PENROSE INEQUALITY

Theorem - [Huisken, Ilmanen '01 · JDG]

Let (M, g) be a \mathcal{C}_1^1 -asymptotically flat 3-Riemannian manifold with $R \geq 0$ and $\text{Ric} \geq -C/|x|^2$ and connected, outermost, minimal boundary. Then

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}}. \quad (\text{RPI})$$

Moreover, the equality holds if and only if $(M, g) \cong (\mathcal{S}(m_{\text{ADM}}), \sigma)$.

For multiple horizons [Bray '01 · JDG], in dimension $3 \leq n \leq 7$ [Bray, Lee '09 · DMJ] and [Agostiniani, Mantegazza, Mazzieri, Oronzio '22] using nonlinear potential theory.

A “smooth” proof.

Take Σ and evolve it using the IMCF, namely a family of diffeomorphisms $F_t(\Sigma) = \Sigma_t \subset M$ with

$$\frac{\partial}{\partial t} F_t = \frac{\nu}{H}, \quad (\text{IMCF})$$

where ν is the unit outward pointing vector field and H is the mean curvature of Σ_t .

A “smooth” proof.

Take Σ and evolve it using the IMCF, namely a family of diffeomorphisms $F_t(\Sigma) = \Sigma_t \subset M$ with

$$\frac{\partial}{\partial t} F_t = \frac{\nu}{H}, \quad (\text{IMCF})$$

where ν is the unit outward pointing vector field and H is the mean curvature of Σ_t .

Consider the **Hawking mass**

$$m_H(\Sigma) := \sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right). \quad (\text{Hawking mass})$$

A “smooth” proof.

Take Σ and evolve it using the IMCF, namely a family of diffeomorphisms $F_t(\Sigma) = \Sigma_t \subset M$ with

$$\frac{\partial}{\partial t} F_t = \frac{\nu}{H}, \quad (\text{IMCF})$$

where ν is the unit outward pointing vector field and H is the mean curvature of Σ_t .

Consider the **Hawking mass**

$$m_H(\partial M) = \sqrt{\frac{|\partial M|}{16\pi}} \rightsquigarrow m_H(\Sigma) := \sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right). \quad (\text{Hawking mass})$$

A “smooth” proof.

Take Σ and evolve it using the IMCF, namely a family of diffeomorphisms $F_t(\Sigma) = \Sigma_t \subset M$ with

$$\frac{\partial}{\partial t} F_t = \frac{\nu}{H}, \quad (\text{IMCF})$$

where ν is the unit outward pointing vector field and H is the mean curvature of Σ_t .

Consider the **Hawking mass**

$$m_H(\partial M) = \sqrt{\frac{|\partial M|}{16\pi}} \rightsquigarrow m_H(\Sigma) := \sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right). \quad (\text{Hawking mass})$$

Since $R \geq 0$, the function $t \mapsto m_H(\Sigma_t)$ is monotone nondecreasing, indeed

$$\frac{d}{dt} m_H(\Sigma_t) = \frac{1}{16\pi} \sqrt{\frac{|\Sigma_t|}{16\pi}} \left(\underbrace{8\pi - \int_{\Sigma_t} R^\top d\mathcal{H}^2}_{\geq 0 \text{ Gauss-Bonnet}} + \int_{\Sigma_t} \underbrace{|\dot{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2}}_{Q_1 \geq 0} d\mathcal{H}^2 \right)$$

A “smooth” proof.

Take Σ and evolve it using the IMCF, namely a family of diffeomorphisms $F_t(\Sigma) = \Sigma_t \subset M$ with

$$\frac{\partial}{\partial t} F_t = \frac{\nu}{H}, \quad (\text{IMCF})$$

where ν is the unit outward pointing vector field and H is the mean curvature of Σ_t .

Consider the **Hawking mass**

$$m_H(\partial M) = \sqrt{\frac{|\partial M|}{16\pi}} \rightsquigarrow m_H(\Sigma) := \sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right). \quad (\text{Hawking mass})$$

Since $R \geq 0$, the function $t \mapsto m_H(\Sigma_t)$ is monotone nondecreasing, indeed

$$\frac{d}{dt} m_H(\Sigma_t) = \frac{1}{16\pi} \sqrt{\frac{|\Sigma_t|}{16\pi}} \left(\underbrace{8\pi - \int_{\Sigma_t} R^\top d\mathcal{H}^2}_{\geq 0 \text{ Gauss-Bonnet}} + \int_{\Sigma_t} \underbrace{|\dot{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2}}_{Q_1 \geq 0} d\mathcal{H}^2 \right)$$

Moreover,

$$m_H(\Sigma) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\Sigma_t) \leq m_{\text{ADM}}.$$

↑
asymptotic assumptions on g

□

2

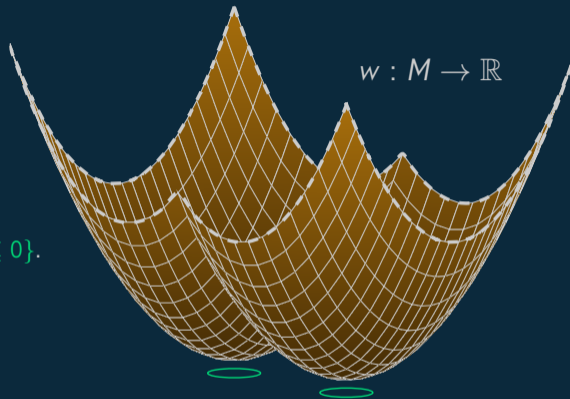
TWEEDLEDUM AND TWEEDLEDEE

NPT AND IMCF IN COMPARISON

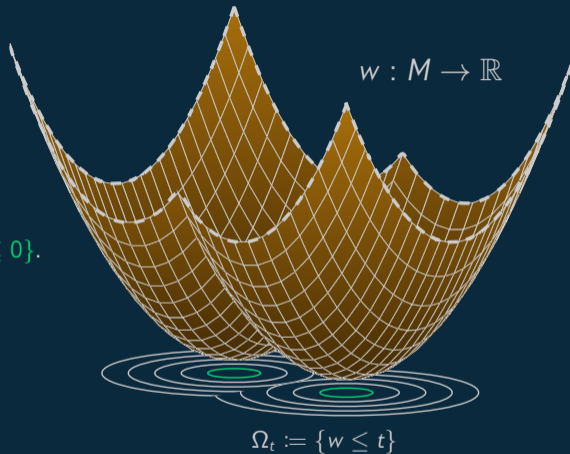
SCAN & DOWNLOAD



Pick a function $w : M \rightarrow \mathbb{R}$ such that $\Omega = \{w \leq 0\}$.



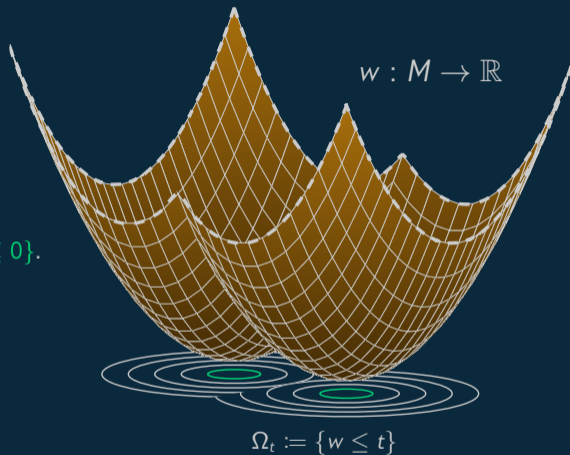
Pick a function $w : M \rightarrow \mathbb{R}$ such that $\Omega = \{w \leq 0\}$.
Define $\Omega_t = \{w \leq t\}$ and $\Sigma_t = \partial\Omega_t$.



Pick a function $w : M \rightarrow \mathbb{R}$ such that $\Omega = \{w \leq 0\}$.

Define $\Omega_t = \{w \leq t\}$ and $\Sigma_t = \partial\Omega_t$.

- Less control on the regularity of Σ_t .
- + The flow survives to changes of topology.

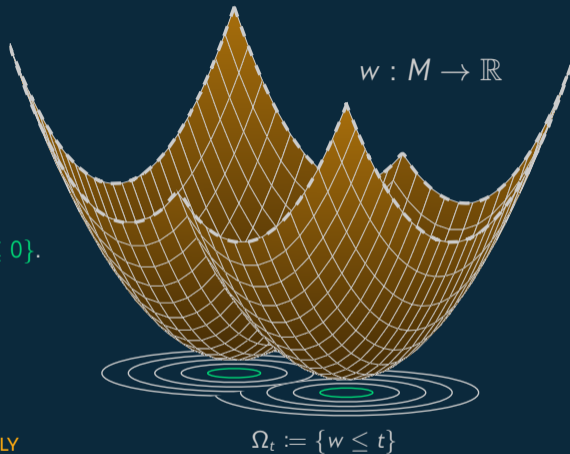


Pick a function $w : M \rightarrow \mathbb{R}$ such that $\Omega = \{w \leq 0\}$.

Define $\Omega_t = \{w \leq t\}$ and $\Sigma_t = \partial\Omega_t$.

- Less control on the regularity of Σ_t .
- + The flow survives to changes of topology.

WE NEED TO CHOOSE THE FUNCTION w WISELY



NONLINEAR POTENTIAL THEORY ($p \leq 2$)

$$\begin{cases} \Delta_p w_p = |\nabla w_p|^p & \text{on } M \setminus \Omega \\ w_p = 0 & \text{on } \partial\Omega \\ w_p \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

where $\Delta_p f = \operatorname{div}(|\nabla w_p|^{p-2} \nabla w_p)$.

INVERSE MEAN CURVATURE FLOW

$$\begin{cases} \Delta_1 w_1 = |\nabla w_1| & \text{on } M \setminus \Omega \\ w_1 = 0 & \text{on } \partial\Omega \\ w_1 \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

in this case $H = |\nabla w_1|$.

NONLINEAR POTENTIAL THEORY ($p \leq 2$)

$$\begin{cases} \Delta_p w_p = |\nabla w_p|^p & \text{on } M \setminus \Omega \\ w_p = 0 & \text{on } \partial\Omega \\ w_p \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

where $\Delta_p f = \operatorname{div}(|\nabla w_p|^{p-2} \nabla w_p)$.

- $u_p = e^{-\frac{w_p}{p-1}}$ is p -harmonic in the weak sense.

INVERSE MEAN CURVATURE FLOW

$$\begin{cases} \Delta_1 w_1 = |\nabla w_1| & \text{on } M \setminus \Omega \\ w_1 = 0 & \text{on } \partial\Omega \\ w_1 \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

in this case $H = |\nabla w_1|$.

- Solution in a nonstandard variational sense [Huisken, Ilmanen '01 · JDG].

NONLINEAR POTENTIAL THEORY ($p \leq 2$)

$$\begin{cases} \Delta_p w_p = |\nabla w_p|^p & \text{on } M \setminus \Omega \\ w_p = 0 & \text{on } \partial\Omega \\ w_p \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

where $\Delta_p f = \operatorname{div}(|\nabla w_p|^{p-2} \nabla w_p)$.

- $u_p = e^{-\frac{w_p}{p-1}}$ is p -harmonic in the weak sense.
- $\mathcal{C}^{1,\beta}$ everywhere and \mathcal{C}^∞ away from the critical set. Moreover, $|\nabla w_p| \in W^{1,2}$.

INVERSE MEAN CURVATURE FLOW

$$\begin{cases} \Delta_1 w_1 = |\nabla w_1| & \text{on } M \setminus \Omega \\ w_1 = 0 & \text{on } \partial\Omega \\ w_1 \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

in this case $H = |\nabla w_1|$.

- Solution in a nonstandard variational sense [Huisken, Ilmanen '01 · JDG].
- Only Lipschitz.

NONLINEAR POTENTIAL THEORY ($p \leq 2$)

$$\begin{cases} \Delta_p w_p = |\nabla w_p|^p & \text{on } M \setminus \Omega \\ w_p = 0 & \text{on } \partial\Omega \\ w_p \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

where $\Delta_p f = \operatorname{div}(|\nabla w_p|^{p-2} \nabla w_p)$.

- $u_p = e^{-\frac{w_p}{p-1}}$ is p -harmonic in the weak sense.
- $\mathcal{C}^{1,\beta}$ everywhere and \mathcal{C}^∞ away from the critical set. Moreover, $|\nabla w_p| \in W^{1,2}$.
- A generic level is almost everywhere regular.

INVERSE MEAN CURVATURE FLOW

$$\begin{cases} \Delta_1 w_1 = |\nabla w_1| & \text{on } M \setminus \Omega \\ w_1 = 0 & \text{on } \partial\Omega \\ w_1 \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

in this case $H = |\nabla w_1|$.

- Solution in a nonstandard variational sense [Huisken, Ilmanen '01 · JDG].
- Only Lipschitz.
- A generic level is $\mathcal{C}^{1,1}$ and strictly outward minimising.

NONLINEAR POTENTIAL THEORY ($p \leq 2$)

$$\begin{cases} \Delta_p w_p = |\nabla w_p|^p & \text{on } M \setminus \Omega \\ w_p = 0 & \text{on } \partial\Omega \\ w_p \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

where $\Delta_p f = \operatorname{div}(|\nabla w_p|^{p-2} \nabla w_p)$.

- $u_p = e^{-\frac{w_p}{p-1}}$ is p -harmonic in the weak sense.
- $\mathcal{C}^{1,\beta}$ everywhere and \mathcal{C}^∞ away from the critical set. Moreover, $|\nabla w_p| \in W^{1,2}$.
- A generic level is almost everywhere regular.
- Defining the (normalised) p -capacity of a set as $c_p(K) = \inf\{C_p \int |\nabla u|^p : u \in \mathcal{C}_c^\infty, u \geq \chi_K\}$,

$$c_p(\partial\Omega_t^{(p)}) = e^t c_p(\partial\Omega).$$

INVERSE MEAN CURVATURE FLOW

$$\begin{cases} \Delta_1 w_1 = |\nabla w_1| & \text{on } M \setminus \Omega \\ w_1 = 0 & \text{on } \partial\Omega \\ w_1 \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

in this case $H = |\nabla w_1|$.

- Solution in a nonstandard variational sense [Huisken, Ilmanen '01 · JDG].
- Only Lipschitz.
- A generic level is $\mathcal{C}^{1,1}$ and strictly outward minimising.
- Defining Ω^* the strictly outward minimising hull of Ω ,

$$|\partial\Omega_t^{(1)}| = e^t |\partial\Omega^*|.$$

NONLINEAR POTENTIAL THEORY ($p \leq 2$)

$$\begin{cases} \Delta_p w_p = |\nabla w_p|^p & \text{on } M \setminus \Omega \\ w_p = 0 & \text{on } \partial\Omega \\ w_p \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

where $\Delta_p f = \operatorname{div}(|\nabla w_p|^{p-2} \nabla w_p)$.

- $u_p = e^{-\frac{w_p}{p-1}}$ is p -harmonic in the weak sense.
- $\mathcal{C}^{1,\beta}$ everywhere and \mathcal{C}^∞ away from the critical set. Moreover, $|\nabla w_p| \in W^{1,2}$.
- A generic level is almost everywhere regular.
- Defining the (normalised) p -capacity of a set as $c_p(K) = \inf\{C_p \int |\nabla u|^p : u \in \mathcal{C}_c^\infty, u \geq \chi_K\}$,

$$c_p(\partial\Omega_t^{(p)}) = e^t c_p(\partial\Omega).$$

WHAT HAPPENS SENDING $p \rightarrow 1^+$?

INVERSE MEAN CURVATURE FLOW

$$\begin{cases} \Delta_1 w_1 = |\nabla w_1| & \text{on } M \setminus \Omega \\ w_1 = 0 & \text{on } \partial\Omega \\ w_1 \rightarrow +\infty & \text{as } |x| \rightarrow +\infty \end{cases}$$

in this case $H = |\nabla w_1|$.

- Solution in a nonstandard variational sense [Huisken, Ilmanen '01 · JDG].
- Only Lipschitz.
- A generic level is $\mathcal{C}^{1,1}$ and strictly outward minimising.
- Defining Ω^* the strictly outward minimising hull of Ω ,

$$|\partial\Omega_t^{(1)}| = e^t |\partial\Omega^*|.$$

Proposition - [Fogagnolo, Mazziari '22 · JFA]

In this setting, $c_p(\partial\Omega) \rightarrow |\partial\Omega^|/4\pi$ as $p \rightarrow 1^+$. In particular, $c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|/4\pi$.*

CONVERGENCE AS $p \rightarrow 1^+$

Proposition - [Fogagnolo, Mazzieri '22 · JFA]

In this setting, $c_p(\partial\Omega) \rightarrow |\partial\Omega^*|/4\pi$ as $p \rightarrow 1^+$. In particular, $c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|/4\pi$.

Theorem - [Mari, Rigoli, Setti '22 · AJM]

In this setting, $w_p \rightarrow w_1$ *uniformly on compact subsets of M* as $p \rightarrow 1^+$.

After the works [Moser '07 · JEMS] in \mathbb{R}^n and [Kotschwar, Ni '09 · Ann. Sci. Éc. Norm. Supér] in nonnegative sectional curvature.

3

THE TEA PARTY

MONOTONICITY FORMULAS

SCAN & DOWNLOAD



[Agostiniani, Mantegazza, Mazzieri, Oronzio '22] introduced the p -Hawking mass

$$m_H^{(p)}(\Sigma) = \frac{c_p(\Sigma)^{\frac{1}{3-p}}}{2} \left[1 + \int_{\Sigma} \frac{|\nabla w_p|^2}{4(3-p)^2\pi} d\mathcal{H}^2 - \int_{\Sigma} \frac{|\nabla w_p| H}{4(3-p)\pi} d\mathcal{H}^2 \right] \quad (p\text{-Hawking mass})$$

and proved that $t \mapsto m_H^{(p)}(\partial\Omega_t^{(p)})$ is monotone nondecreasing along regular values.

[Agostiniani, Mantegazza, Mazzieri, Oronzio '22] introduced the p -Hawking mass

$$m_H^{(p)}(\Sigma) = \frac{c_p(\Sigma)^{\frac{1}{3-p}}}{2} \left[1 + \int_{\Sigma} \frac{|\nabla w_p|^2}{4(3-p)^2\pi} d\mathcal{H}^2 - \int_{\Sigma} \frac{|\nabla w_p| H}{4(3-p)\pi} d\mathcal{H}^2 \right] \quad (p\text{-Hawking mass})$$

and proved that $t \mapsto m_H^{(p)}(\partial\Omega_t^{(p)})$ is monotone nondecreasing along regular values.

Theorem - [B — , Pluda, Pozzetta '24]

Almost every level of w_p is a *curvature varifold* and

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} \underbrace{|\dot{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2}_{Q_p \geq 0} d\mathcal{H}^2$$

holds for almost every $t \in [0, +\infty)$.

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla_{w_p}||^2}{|\nabla_{w_p}|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla_{w_p}|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

1. $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + \mathbf{R} + 2 \frac{|\nabla^\top \mathbf{H}|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + \mathbf{R} + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

- $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

- $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + \mathbf{R} + 2 \frac{|\nabla^\top \mathbf{H}|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + \mathbf{R} + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

- $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

- $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}|$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

1. $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow |\partial\Omega_t^{(p)}| \rightarrow |\partial\Omega_t^{(1)}|$
2. $\int_{\partial\Omega_t^{(p)}} (H^{(p)} - |\nabla w_p|)^2 \rightarrow 0$: Willmore energy $\int_{\partial\Omega_t^{(p)}} H^2$ is equibounded

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

1. $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow |\partial\Omega_t^{(p)}| \rightarrow |\partial\Omega_t^{(1)}|$
2. $\int_{\partial\Omega_t^{(p)}} (H^{(p)} - |\nabla w_p|)^2 \rightarrow 0$: Willmore energy $\int_{\partial\Omega_t^{(p)}} H^2$ is equibounded
3. $\partial\Omega_t^{(p)} \rightarrow \partial\Omega_t$ for a. e. t in the sense of varifold $\rightsquigarrow \vec{H}^{(p)} \rightarrow \vec{H}^{(1)} = \nabla w_1$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

1. $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow |\partial\Omega_t^{(p)}| \rightarrow |\partial\Omega_t^{(1)}|$
2. $\int_{\partial\Omega_t^{(p)}} (H^{(p)} - |\nabla w_p|)^2 \rightarrow 0$: Willmore energy $\int_{\partial\Omega_t^{(p)}} H^2$ is equibounded
3. $\partial\Omega_t^{(p)} \rightarrow \partial\Omega_t$ for a. e. t in the sense of varifold $\rightsquigarrow \vec{H}^{(p)} \rightarrow \vec{H}^{(1)} = \nabla w_1$
4. $\vec{H}^{(p)}$ and ∇w_p are aligned $\rightsquigarrow \int_{\partial\Omega_t^{(p)}} \langle \vec{H}^{(p)} - \nabla w_p | X \rangle \rightarrow 0$, for X vector field (in a large class).

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\dot{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\dot{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

1. $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow |\partial\Omega_t^{(p)}| \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow \int_{\partial\Omega_t^{(p)}} |\nu^{(1)} - \nu^{(p)}|^2 \rightarrow 0$, $\nu^{(\cdot)}$ is the unit normal of $\partial\Omega^{(\cdot)}$
2. $\int_{\partial\Omega_t^{(p)}} (H^{(p)} - |\nabla w_p|)^2 \rightarrow 0$: Willmore energy $\int_{\partial\Omega_t^{(p)}} H^2$ is equibounded
3. $\partial\Omega_t^{(p)} \rightarrow \partial\Omega_t$ for a. e. t in the sense of varifold $\rightsquigarrow \vec{H}^{(p)} \rightarrow \vec{H}^{(1)} = \nabla w_1$
4. $\vec{H}^{(p)}$ and ∇w_p are aligned $\rightsquigarrow \int_{\partial\Omega_t^{(p)}} \langle \vec{H}^{(p)} - \nabla w_p | X \rangle \rightarrow 0$, for X vector field (in a large class).

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

- $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow |\partial\Omega_t^{(p)}| \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow \int_{\partial\Omega_t^{(p)}} |\nu^{(1)} - \nu^{(p)}|^2 \rightarrow 0$, $\nu^{(\cdot)}$ is the unit normal of $\partial\Omega^{(\cdot)}$
- $\int_{\partial\Omega_t^{(p)}} (H^{(p)} - |\nabla w_p|)^2 \rightarrow 0$: Willmore energy $\int_{\partial\Omega_t^{(p)}} H^2$ is equibounded
- $\partial\Omega_t^{(p)} \rightarrow \partial\Omega_t$ for a. e. t in the sense of varifold $\rightsquigarrow \vec{H}^{(p)} \rightarrow \vec{H}^{(1)} = \nabla w_1$
- $\vec{H}^{(p)}$ and ∇w_p are aligned $\rightsquigarrow \int_{\partial\Omega_t^{(p)}} \langle \vec{H}^{(p)} - \nabla w_p | X \rangle \rightarrow 0$, for X vector field (in a large class).
- $\int_{\partial\Omega_t^{(p)}} |\nabla w_p| = \int_{\partial\Omega_t^{(p)}} \langle \nabla w_p | \nu^{(p)} \rangle \stackrel{1,4}{\rightsquigarrow} \int_{\partial\Omega_t^{(p)}} \langle \vec{H}^{(p)} | \nu^{(1)} \rangle \stackrel{3}{\rightsquigarrow} \int_{\partial\Omega_t^{(1)}} \langle \vec{H}^{(1)} | \nu^{(1)} \rangle = \int_{\partial\Omega_t^{(1)}} |\nabla w_1|$

INVERSE MEAN CURVATURE FLOW [Huisken, Ilmanen '01 · JDG]

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t^{(1)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2$$

NONLINEAR POTENTIAL THEORY [B — , Pluda, Pozzetta '24]

$$\frac{d}{dt} m_H^{(p)}(\partial\Omega_t^{(p)}) \geq \frac{c_p(\partial\Omega_t^{(p)})^{\frac{1}{3-p}}}{(3-p)16\pi} \int_{\partial\Omega_t^{(p)}} |\mathring{h}|^2 + R + 2 \frac{|\nabla^\top |\nabla w_p||^2}{|\nabla w_p|^2} + 2 \frac{5-p}{p-1} \left(\frac{|\nabla w_p|}{3-p} - \frac{H}{2} \right)^2 d\mathcal{H}^2$$

- $4\pi c_p(\partial\Omega_t^{(p)}) \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow |\partial\Omega_t^{(p)}| \rightarrow |\partial\Omega_t^{(1)}| \rightsquigarrow \int_{\partial\Omega_t^{(p)}} |\nu^{(1)} - \nu^{(p)}|^2 \rightarrow 0$, $\nu^{(\cdot)}$ is the unit normal of $\partial\Omega^{(\cdot)}$
- $\int_{\partial\Omega_t^{(p)}} (H^{(p)} - |\nabla w_p|)^2 \rightarrow 0$: Willmore energy $\int_{\partial\Omega_t^{(p)}} H^2$ is equibounded
- $\partial\Omega_t^{(p)} \rightarrow \partial\Omega_t$ for a. e. t in the sense of varifold $\rightsquigarrow \vec{H}^{(p)} \rightarrow \vec{H}^{(1)} = \nabla w_1$
- $\vec{H}^{(p)}$ and ∇w_p are aligned $\rightsquigarrow \int_{\partial\Omega_t^{(p)}} \langle \vec{H}^{(p)} - \nabla w_p | X \rangle \rightarrow 0$, for X vector field (in a large class).
- $\int_{\partial\Omega_t^{(p)}} |\nabla w_p| = \int_{\partial\Omega_t^{(p)}} \langle \nabla w_p | \nu^{(p)} \rangle \stackrel{1,4}{\rightsquigarrow} \int_{\partial\Omega_t^{(p)}} \langle \vec{H}^{(p)} | \nu^{(1)} \rangle \stackrel{3}{\rightsquigarrow} \int_{\partial\Omega_t^{(1)}} \langle \vec{H}^{(1)} | \nu^{(1)} \rangle = \int_{\partial\Omega_t^{(1)}} |\nabla w_1|$
- By coarea: $\lim_{p \rightarrow 1^+} \int |\nabla w_p|^2 = \int |\nabla w_1|^2 \rightsquigarrow \nabla w_p \rightarrow \nabla w_1$ strongly in L^2

Theorem - [B — , Pluda, Pozzetta '24]

In our setting, $\nabla w_p \rightarrow \nabla w_1$ in L^q_{loc} for every $q < +\infty$. Moreover, $\partial\Omega_t^{(p)}$ converges in the sense of varifold to $\partial\Omega_t^{(1)}$ and

$$\frac{d}{dt} m_H(\partial\Omega_t^{(1)}) \geq \frac{1}{16\pi} \sqrt{\frac{|\partial\Omega_t^{(1)}|}{16\pi}} \int_{\partial\Omega_t} |\dot{h}|^2 + R + 2 \frac{|\nabla^\top H|^2}{H^2} d\mathcal{H}^2.$$

for almost every $t \in [0, +\infty)$.

We recover the monotonicity formula proved in [Huisken, Ilmanen '01 · JDG].

4

FIGHTING THE JABBERWOCKY

RIEMANNIAN PENROSE INEQUALITIES

SCAN & DOWNLOAD



[Huisken '06] introduced the concept of **isoperimetric mass**: given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m_{\text{iso}}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}(\Omega_k) := \frac{2}{|\partial\Omega_k|} \underbrace{\left(|\Omega_k| - \frac{|\partial\Omega_k|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)}_{\mathbb{R}^3 \text{ isoperimetric deficit}}.$$

[Huisken '06] introduced the concept of **isoperimetric mass**: given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m_{\text{iso}}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}(\Omega_k) := \frac{2}{|\partial\Omega_k|} \underbrace{\left(|\Omega_k| - \frac{|\partial\Omega_k|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)}_{\mathbb{R}^3 \text{ isoperimetric deficit}}.$$

[Jauregui '20] introduced the concept of **isocapacitary mass** ($p = 2$ only): given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}}^{(p)} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m^{(p)}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}^{(p)}(\Omega_k) := \frac{1}{2p\pi c_p(\partial\Omega_k)} \underbrace{\left(|\Omega_k| - \frac{4\pi}{3} c_p(\partial\Omega_k)^{\frac{3}{3-p}} \right)}_{\mathbb{R}^3 \text{ isocapacitary deficit}}.$$

[Huisken '06] introduced the concept of **isoperimetric mass**: given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m_{\text{iso}}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}(\Omega_k) := \frac{2}{|\partial\Omega_k|} \underbrace{\left(|\Omega_k| - \frac{|\partial\Omega_k|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)}_{\mathbb{R}^3 \text{ isoperimetric deficit}}.$$

[Jauregui '20] introduced the concept of **isocapacitary mass** ($p = 2$ only): given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}}^{(p)} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m_{\text{iso}}^{(p)}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}^{(p)}(\Omega_k) := \frac{1}{2p\pi c_p(\partial\Omega_k)} \underbrace{\left(|\Omega_k| - \frac{4\pi}{3} c_p(\partial\Omega_k)^{\frac{3}{3-p}} \right)}_{\mathbb{R}^3 \text{ isocapacitary deficit}}.$$

- m_{iso} and $m_{\text{iso}}^{(p)}$ are **geometric invariants without any asymptotic assumption**.
- In $(\mathfrak{S}(m), \sigma)$, it holds $m_{\text{iso}} = m_{\text{iso}}^{(p)} = m$.

[Huisken '06] introduced the concept of **isoperimetric mass**: given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m_{\text{iso}}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}(\Omega_k) := \frac{2}{|\partial\Omega_k|} \underbrace{\left(|\Omega_k| - \frac{|\partial\Omega_k|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)}_{\mathbb{R}^3 \text{ isoperimetric deficit}}.$$

[Jauregui '20] introduced the concept of **isocapacitary mass** ($p = 2$ only): given $\{\Omega_k\}$ an exhaustion of M

$$m_{\text{iso}}^{(p)} := \sup_{\{\Omega_k\}} \overline{\lim}_{k \rightarrow +\infty} m_{\text{iso}}^{(p)}(\Omega_k) \quad \text{where} \quad m_{\text{iso}}^{(p)}(\Omega_k) := \frac{1}{2p\pi c_p(\partial\Omega_k)} \underbrace{\left(|\Omega_k| - \frac{4\pi}{3} c_p(\partial\Omega_k)^{\frac{3}{3-p}} \right)}_{\mathbb{R}^3 \text{ isocapacitary deficit}}.$$

- m_{iso} and $m_{\text{iso}}^{(p)}$ are **geometric invariants without any asymptotic assumption**.
- In $(\mathfrak{S}(m), \sigma)$, it holds $m_{\text{iso}} = m_{\text{iso}}^{(p)} = m$.

WHAT ABOUT THE EQUIVALENCE WITH m_{ADM} ?
 RIEMANNIAN PENROSE INEQUALITY IS VALID FOR $m_{\text{iso}}^{(p)}$ AND m_{iso} ?

Theorem - [Fan, Shi, Tam '09 · Comm. Anal. Geom.]

$m_{\text{iso}}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}$.

Theorem - [Jauregui '20]

$m_{\text{iso}}^{(2)}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}^{(2)}$. The equality holds for harmonically flat manifolds.

Theorem - [Jauregui, Lee '19 · CRELLE]

If $m_H(\partial\Omega) \leq m$ for Ω in a given class, then $m_{\text{iso}} \leq m$.

Theorem - [Fan, Shi, Tam '09 · Comm. Anal. Geom.]

$m_{\text{iso}}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}$.

Theorem - [Jauregui '20]

$m_{\text{iso}}^{(2)}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}^{(2)}$. The equality holds for harmonically flat manifolds.

Theorem - [Jauregui, Lee '19 · CRELLE]

If $m_H(\partial\Omega) \leq m$ for Ω in a given class, then $m_{\text{iso}} \leq m$.

Combining them with [Huisken, Ilmanen '01 · JDG] we get

Equivalence of masses - RPI

If (M, g) is \mathcal{C}_1^1 -asymptotically flat and $\text{Ric} \geq -C/|x|^2$

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} \leq m_{\text{iso}}^{(p)}.$$

Theorem - [Fan, Shi, Tam '09 · Comm. Anal. Geom.]

$m_{\text{iso}}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}$.

Theorem - [Jauregui '20]

$m_{\text{iso}}^{(2)}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}^{(2)}$. The equality holds for harmonically flat manifolds.

Theorem - [Jauregui, Lee '19 · CRELLE]

If $m_H(\partial\Omega) \leq m$ for Ω in a given class, then $m_{\text{iso}} \leq m$.

Combining them with [Huisken, Ilmanen '01 · JDG] we get

Equivalence of masses - RPI

If (M, g) is \mathcal{C}_1^1 -asymptotically flat and $\text{Ric} \geq -C/|x|^2$

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} \leq m_{\text{iso}}^{(p)}.$$

SUMMING UP

Equivalence of masses

always $m_{\text{ADM}} \leq m_{\text{iso}}$
 $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$

further assumptions $m_{\text{ADM}} = m_{\text{iso}}$
 $m_{\text{ADM}} = m_{\text{iso}}^{(2)}$

Theorem - [Fan, Shi, Tam '09 · Comm. Anal. Geom.]

$m_{\text{iso}}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}$.

Theorem - [Jauregui '20]

$m_{\text{iso}}^{(2)}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}^{(2)}$. The equality holds for harmonically flat manifolds.

Theorem - [Jauregui, Lee '19 · CRELLE]

If $m_H(\partial\Omega) \leq m$ for Ω in a given class, then $m_{\text{iso}} \leq m$.

Combining them with [Huisken, Ilmanen '01 · JDG] we get

Equivalence of masses - RPI

If (M, g) is \mathcal{C}_1^1 -asymptotically flat and $\text{Ric} \geq -C/|x|^2$

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} \leq m_{\text{iso}}^{(p)}.$$

SUMMING UP

Equivalence of masses

always $m_{\text{ADM}} \leq m_{\text{iso}}$
 $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$

further assumptions $m_{\text{ADM}} = m_{\text{iso}}$
 $m_{\text{ADM}} = m_{\text{iso}}^{(2)}$

Penrose inequality

For all concepts under the assumptions of [Huisken, Ilmanen '01 · JDG].

Theorem - [Fan, Shi, Tam '09 · Comm. Anal. Geom.]

$m_{\text{iso}}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}$.

Theorem - [Jauregui '20]

$m_{\text{iso}}^{(2)}(B_R) \rightarrow m_{\text{ADM}}$ as $R \rightarrow +\infty$, provided m_{ADM} is defined. In particular, $m_{\text{ADM}} \leq m_{\text{iso}}^{(2)}$. The equality holds for harmonically flat manifolds.

Theorem - [Jauregui, Lee '19 · CRELLE]

If $m_H(\partial\Omega) \leq m$ for Ω in a given class, then $m_{\text{iso}} \leq m$.

Combining them with [Huisken, Ilmanen '01 · JDG] we get

Equivalence of masses - RPI

If (M, g) is \mathcal{C}_1^1 -asymptotically flat and $\text{Ric} \geq -C/|x|^2$

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} \leq m_{\text{iso}}^{(p)}.$$

SUMMING UP

Equivalence of masses

always $m_{\text{ADM}} \leq m_{\text{iso}}$
 $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$

further assumptions $m_{\text{ADM}} = m_{\text{iso}}$
 $m_{\text{ADM}} = m_{\text{iso}}^{(2)}$

Penrose inequality

For all concepts under the assumptions of [Huisken, Ilmanen '01 · JDG].

WHAT HAPPENS BELOW THIS THRESHOLD?

Theorem - [B — , Fogagnolo, Mazziere '22], [B — , Fogagnolo, Mazziere '23 · SIGMA]

Let (M, g) be a \mathcal{C}_τ^1 -asymptotically flat 3-Riemannian manifold, $\tau > 1/2$, with $\mathbb{R} \geq 0$ and connected, outermost, minimal boundary. Then,

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} = m_{\text{iso}}^{(p)}. \quad (\text{RPI})$$

Theorem - [B — , Fogagnolo, Mazziere '22], [B — , Fogagnolo, Mazziere '23 · SIGMA]

Let (M, g) be a \mathcal{C}_τ^1 -asymptotically flat 3-Riemannian manifold, $\tau > 1/2$, with $\mathbb{R} \geq 0$ and connected, outermost, minimal boundary. Then,

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} = m_{\text{iso}}^{(p)}. \quad (\text{RPI})$$

Some remarks

- We already know $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$.

Theorem - [B — , Fogagnolo, Mazzieri '22], [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a \mathcal{C}_τ^1 -asymptotically flat 3-Riemannian manifold, $\tau > 1/2$, with $\mathbb{R} \geq 0$ and connected, outermost, minimal boundary. Then,

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} = m_{\text{iso}}^{(p)}. \quad (\text{RPI})$$

Some remarks

- We already know $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$.
- It is easy to prove that $m_{\text{iso}}^{(p)} \leq m_{\text{iso}}$: sharp isoperimetric inequality \rightsquigarrow sharp isocapacitary inequality via symmetrization [Jauregui '12] (taking the ball of \mathbb{R}^3 of the same volume of $\Omega_t^{(p)}$). Hence, from Shi's isoperimetric inequality

$$|\Omega|^{3-p} \leq \left(\frac{4\pi}{3}\right)^{\frac{3-p}{3}} c_p(\partial\Omega) + \frac{p(3-p)}{2} \left(\frac{4\pi}{3}\right)^{\frac{3-p}{3}} c_p(\partial\Omega)^{\frac{2-p}{3-p}} (m_{\text{iso}} + o(1))$$

as $|\Omega| \rightarrow +\infty$.

Theorem - [B — , Fogagnolo, Mazzieri '22], [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a \mathcal{C}_τ^1 -asymptotically flat 3-Riemannian manifold, $\tau > 1/2$, with $R \geq 0$ and connected, outermost, minimal boundary. Then,

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} = m_{\text{iso}}^{(p)}. \quad (\text{RPI})$$

Some remarks

- We already know $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$.
- It is easy to prove that $m_{\text{iso}}^{(p)} \leq m_{\text{iso}}$: sharp isoperimetric inequality \rightsquigarrow sharp isocapacitary inequality via symmetrization [Jauregui '12] (taking the ball of \mathbb{R}^3 of the same volume of $\Omega_t^{(p)}$). Hence, from Shi's isoperimetric inequality

$$|\Omega|^{3-p} \leq \left(\frac{4\pi}{3}\right)^{\frac{3-p}{3}} c_p(\partial\Omega) + \frac{p(3-p)}{2} \left(\frac{4\pi}{3}\right)^{\frac{3-p}{3}} c_p(\partial\Omega)^{\frac{2-p}{3-p}} (m_{\text{iso}} + o(1))$$

as $|\Omega| \rightarrow +\infty$.

- If we show $m_{\text{iso}} \leq m_{\text{ADM}} \rightsquigarrow m_{\text{iso}}^{(p)} \leq m_{\text{iso}} \leq m_{\text{ADM}} \leq m_{\text{iso}}^{(p)} \rightsquigarrow$ they are equal.

Theorem - [B — , Fogagnolo, Mazzieri '22], [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a \mathcal{C}_τ^1 -asymptotically flat 3-Riemannian manifold, $\tau > 1/2$, with $R \geq 0$ and connected, outermost, minimal boundary. Then,

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{ADM}} = m_{\text{iso}} = m_{\text{iso}}^{(p)}. \quad (\text{RPI})$$

Some remarks

- We already know $m_{\text{ADM}} \leq m_{\text{iso}}^{(p)}$.
- It is easy to prove that $m_{\text{iso}}^{(p)} \leq m_{\text{iso}}$: sharp isoperimetric inequality \rightsquigarrow sharp isocapacitary inequality via symmetrization [Jauregui '12] (taking the ball of \mathbb{R}^3 of the same volume of $\Omega_t^{(p)}$). Hence, from Shi's isoperimetric inequality

$$|\Omega|^{3-p} \leq \left(\frac{4\pi}{3}\right)^{\frac{3-p}{3}} c_p(\partial\Omega) + \frac{p(3-p)}{2} \left(\frac{4\pi}{3}\right)^{\frac{3-p}{3}} c_p(\partial\Omega)^{\frac{2-p}{3-p}} (m_{\text{iso}} + o(1))$$

as $|\Omega| \rightarrow +\infty$.

- If we show $m_{\text{iso}} \leq m_{\text{ADM}} \rightsquigarrow m_{\text{iso}}^{(p)} \leq m_{\text{iso}} \leq m_{\text{ADM}} \leq m_{\text{iso}}^{(p)} \rightsquigarrow$ they are equal.
- We want to apply [Jauregui, Lee '19 · CRELLE]: proving $m_H(\partial\Omega) \leq m_{\text{ADM}}$ is enough to conclude.

IMCF proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$

$$t \mapsto m_H(\partial\Omega_t^{(1)})$$

is monotone nondecreasing. By **asymptotic assumptions on g**

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)}) \leq m_{\text{ADM}}.$$

[Huisken, Ilmanen '01 · JDG]

$$\sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

Linear potential proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(2)} = \{w_2 \leq t\}$

$$t \mapsto m_H^{(2)}(\partial\Omega_t^{(2)})$$

is monotone nondecreasing. By **refined integral asymptotic behaviour of w_2**

$$m_H^{(2)}(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H^{(2)}(\partial\Omega_t^{(2)}) \leq m_{\text{ADM}}.$$

[Agostiniani, Mazzieri, Oronzio '24 · CMP]

$$\frac{c_2(\Sigma)}{2} \left(1 + \int_{\Sigma} \frac{(2|\nabla w_2| - H)^2}{16\pi} - \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

IMCF proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$

$$t \mapsto m_H(\partial\Omega_t^{(1)})$$

is monotone nondecreasing. By **asymptotic assumptions on g**

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)}) \leq m_{\text{ADM}}.$$

[Huisken, Ilmanen '01 · JDG]

$$\sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

Linear potential proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(2)} = \{w_2 \leq t\}$

$$t \mapsto m_H^{(2)}(\partial\Omega_t^{(2)})$$

is monotone nondecreasing. By **refined integral asymptotic behaviour of w_2**

$$m_H^{(2)}(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H^{(2)}(\partial\Omega_t^{(2)}) \leq m_{\text{ADM}}.$$

[Agostiniani, Mazzieri, Oronzio '24 · CMP]

$$\frac{c_2(\Sigma)}{2} \left(1 + \int_{\Sigma} \frac{(2|\nabla w_2| - H)^2}{16\pi} - \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

IMCF proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$

$$t \mapsto m_H(\partial\Omega_t^{(1)})$$

is monotone nondecreasing. By **asymptotic assumptions on g**

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)}) \leq m_{\text{ADM}}.$$

[Huisken, Ilmanen '01 · JDG]

$$\sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

Linear potential proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(2)} = \{w_2 \leq t\}$

$$t \mapsto m_H^{(2)}(\partial\Omega_t^{(2)})$$

is monotone nondecreasing. By **refined integral asymptotic behaviour of w_2**

$$m_H^{(2)}(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H^{(2)}(\partial\Omega_t^{(2)}) \leq m_{\text{ADM}}.$$

[Agostiniani, Mazzieri, Oronzio '24 · CMP]

$$\frac{c_2(\Sigma)}{2} \left(1 + \int_{\Sigma} \frac{(2|\nabla w_2| - H)^2}{16\pi} - \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

IMCF proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$

$$t \mapsto m_H(\partial\Omega_t^{(1)})$$

is monotone nondecreasing. By **asymptotic assumptions on g**

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)}) \leq m_{\text{ADM}}.$$

[Huisken, Ilmanen '01 · JDG]

$$\sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

Take Ω , evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$,

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)})$$

Linear potential proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(2)} = \{w_2 \leq t\}$

$$t \mapsto m_H^{(2)}(\partial\Omega_t^{(2)})$$

is monotone nondecreasing. By **refined integral asymptotic behaviour of w_2**

$$m_H^{(2)}(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H^{(2)}(\partial\Omega_t^{(2)}) \leq m_{\text{ADM}}.$$

[Agostiniani, Mazzieri, Oronzio '24 · CMP]

$$\frac{c_2(\Sigma)}{2} \left(1 + \int_{\Sigma} \frac{(2|\nabla w_2| - H)^2}{16\pi} - \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

IMCF proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$

$$t \mapsto m_H(\partial\Omega_t^{(1)})$$

is monotone nondecreasing. By **asymptotic assumptions on g**

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)}) \leq m_{\text{ADM}}.$$

[Huisken, Ilmanen '01 · JDG]

$$\sqrt{\frac{|\Sigma|}{16\pi}} \left(1 - \int_{\Sigma} \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

Linear potential proof

Take $\Omega \subseteq M$ and evolve with $\Omega_t^{(2)} = \{w_2 \leq t\}$

$$t \mapsto m_H^{(2)}(\partial\Omega_t^{(2)})$$

is monotone nondecreasing. By **refined integral asymptotic behaviour of w_2**

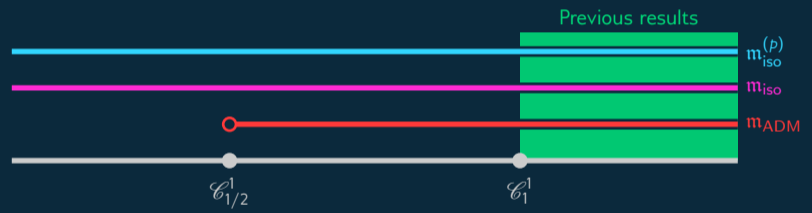
$$m_H^{(2)}(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H^{(2)}(\partial\Omega_t^{(2)}) \leq m_{\text{ADM}}.$$

[Agostiniani, Mazzieri, Oronzio '24 · CMP]

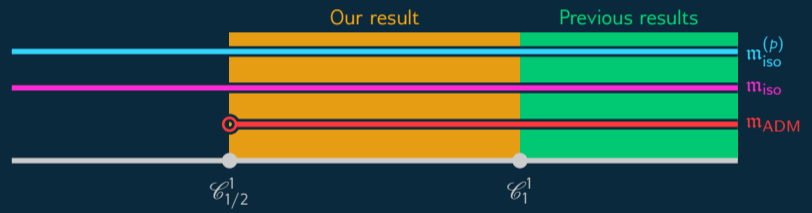
$$\frac{c_2(\Sigma)}{2} \left(1 + \int_{\Sigma} \frac{(2|\nabla w_2| - H)^2}{16\pi} - \frac{H^2}{16\pi} d\mathcal{H}^2 \right)$$

Take Ω , evolve with $\Omega_t^{(1)} = \{w_1 \leq t\}$, at any time t control the Hawking mass with the 2-Hawking mass:

$$m_H(\partial\Omega) \leq \overline{\lim}_{t \rightarrow +\infty} m_H(\partial\Omega_t^{(1)}) \leq \overline{\lim}_{t \rightarrow +\infty} \frac{\sqrt{|\partial\Omega_t^{(1)}|}}{\sqrt{4\pi} c_2(\partial\Omega_t^{(1)})} m_H^{(2)}(\partial\Omega_t^{(2)}) \leq \overline{\lim}_{t \rightarrow +\infty} \frac{\sqrt{|\partial\Omega_t^{(1)}|}}{\sqrt{4\pi} c_2(\partial\Omega_t^{(1)})} m_{\text{ADM}} \leq m_{\text{ADM}}$$



TO SUM UP





Theorem - [B — , Fogagnolo, Mazzieri '22]

Let (M, g) be a 3-Riemannian manifold \mathcal{C}^0 -asymptotically flat with $R \geq 0$ and connected, outermost, minimal boundary. Then,

$$\sqrt{\frac{|\partial M|}{16\pi}} \leq m_{\text{iso}}. \quad (\text{isoperimetric RPI})$$

Moreover, the equality holds if and only if $(M, g) \cong (\mathfrak{S}(m_{\text{iso}}), \sigma)$.

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|_{2_{\text{iso}}}^3}{6\sqrt{\pi}} \right)$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{2/m_{\text{iso}}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{3/2}}{4\sqrt{\pi}} \right)$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$\begin{aligned}
 m_{\text{iso}} &\geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right) \\
 &\stackrel{\text{de l'H\^opital}}{\geq} \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right) \\
 &\stackrel{\text{H\^older}}{\geq} \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right) \\
 &= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right)
 \end{aligned}$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2\right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right) \frac{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2\right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right) \frac{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{16\pi} \right)^{\frac{1}{2}} \frac{1 - \frac{1}{16\pi} \int_{\partial\Omega_t} H^2 d\mathcal{H}^2}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2\right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right) \frac{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{16\pi} \right)^{\frac{1}{2}} \frac{1 - \frac{1}{16\pi} \int_{\partial\Omega_t} H^2 d\mathcal{H}^2}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2\right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right) \frac{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{16\pi} \right)^{\frac{1}{2}} \frac{1 - \frac{1}{16\pi} \int_{\partial\Omega_t} H^2 d\mathcal{H}^2}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2\right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right) \frac{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{16\pi} \right)^{\frac{1}{2}} \frac{1 - \frac{1}{16\pi} \int_{\partial\Omega_t} H^2 d\mathcal{H}^2}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

$$= \lim_{t \rightarrow +\infty} m_H(\partial\Omega_t)$$

Proof.

Evolving ∂M using IMCF $\Omega_t = \Omega_t^{(1)} = \{w_1 \leq t\}$ we have

$$m_{\text{iso}} \geq \lim_{t \rightarrow +\infty} m_{\text{iso}}(\Omega_t) \geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(|\Omega_t| - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{6\sqrt{\pi}} \right)$$

de l'Hôpital

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t|} \left(\int_{\partial\Omega_t} \frac{1}{H} d\mathcal{H}^2 - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

Hölder

$$\geq \lim_{t \rightarrow +\infty} \frac{2}{|\partial\Omega_t^{(1)}|} \left(\frac{|\partial\Omega_t|^{\frac{3}{2}}}{\left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2\right)^{\frac{1}{2}}} - \frac{|\partial\Omega_t|^{\frac{3}{2}}}{4\sqrt{\pi}} \right)$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{\int_{\partial\Omega_t} H^2 d\mathcal{H}^2} \right)^{\frac{1}{2}} \left(1 - \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}} \right) \frac{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

$$= \lim_{t \rightarrow +\infty} 2 \left(\frac{|\partial\Omega_t|}{16\pi} \right)^{\frac{1}{2}} \frac{1 - \frac{1}{16\pi} \int_{\partial\Omega_t} H^2 d\mathcal{H}^2}{1 + \frac{1}{4\sqrt{\pi}} \left(\int_{\partial\Omega_t} H^2 d\mathcal{H}^2 \right)^{\frac{1}{2}}}$$

Monotonicity

$$= \lim_{t \rightarrow +\infty} m_H(\partial\Omega_t) \geq m_H(\partial M) = \sqrt{\frac{|\partial M|}{16\pi}}.$$

Theorem - [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a 3-Riemannian manifold \mathcal{C}^0 -asymptotically flat with $R \geq 0$ (+ an extra assumption) and connected, outermost, minimal boundary. Then,

$$c_p(\partial M)^{\frac{1}{3-p}} \leq \frac{5-p}{2} m_{\text{iso}}^{(p)}. \quad (\text{isocapitary RPI})$$

Theorem - [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a 3-Riemannian manifold \mathcal{C}^0 -asymptotically flat with $R \geq 0$ (+ an extra assumption) and connected, outermost, minimal boundary. Then,

$$c_p(\partial M)^{\frac{1}{3-p}} \leq \frac{5-p}{2} m_{\text{iso}}^{(p)}. \quad (\text{isocapitary RPI})$$

- The proof is almost the same. We need two “de l’Hôpital steps” and the second one requires a further technical assumption on the asymptotic behaviour of w_p . We are not able to remove it at this point.

Theorem - [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a 3-Riemannian manifold \mathcal{C}^0 -asymptotically flat with $R \geq 0$ (+ an extra assumption) and connected, outermost, minimal boundary. Then,

$$c_p(\partial M)^{\frac{1}{3-p}} \leq \frac{5-p}{2} m_{\text{iso}}^{(p)}. \quad (\text{isocapacitary RPI})$$

- The proof is almost the same. We need two “de l’Hôpital steps” and the second one requires a further technical assumption on the asymptotic behaviour of w_p . We are not able to remove it at this point.
- The isocapacitary Riemannian Penrose inequality is not sharp, it becomes sharp as $p \rightarrow 1^+$ where it recovers the isoperimetric one.

Theorem - [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a 3-Riemannian manifold \mathcal{C}^0 -asymptotically flat with $R \geq 0$ (+ an extra assumption) and connected, outermost, minimal boundary. Then,

$$c_p(\partial M)^{\frac{1}{3-p}} \leq \frac{5-p}{2} m_{\text{iso}}^{(p)}. \quad (\text{isocapacitary RPI})$$

- The proof is almost the same. We need two “de l’Hôpital steps” and the second one requires a further technical assumption on the asymptotic behaviour of w_p . We are not able to remove it at this point.
- The isocapacitary Riemannian Penrose inequality is not sharp, it becomes sharp as $p \rightarrow 1^+$ where it recovers the isoperimetric one.
- **With IMCF:** [Bray, Miao '08] ($p = 2$) and [Xiao '16] ($p > 1$) proved a sharp version for the ADM mass and (with the same technique) in [B — , Fogagnolo, Mazzieri '22] for m_{iso} (when ADM is not defined).

Theorem - [B — , Fogagnolo, Mazzieri '23 · SIGMA]

Let (M, g) be a 3-Riemannian manifold \mathcal{C}^0 -asymptotically flat with $R \geq 0$ (+ an extra assumption) and connected, outermost, minimal boundary. Then,

$$c_p(\partial M)^{\frac{1}{3-p}} \leq \frac{5-p}{2} m_{\text{iso}}^{(p)}. \quad (\text{isocapacitary RPI})$$

- The proof is almost the same. We need two “de l'Hôpital steps” and the second one requires a further technical assumption on the asymptotic behaviour of w_p . We are not able to remove it at this point.
- The isocapacitary Riemannian Penrose inequality is not sharp, it becomes sharp as $p \rightarrow 1^+$ where it recovers the isoperimetric one.
- **With IMCF:** [Bray, Miao '08] ($p = 2$) and [Xiao '16] ($p > 1$) proved a sharp version for the ADM mass and (with the same technique) in [B — , Fogagnolo, Mazzieri '22] for m_{iso} (when ADM is not defined).
- **With NPT:** [Xia, Yin, Zhou '24 · Adv. Math.] and [Mazurowski, Yao '24] proved a sharp version for the ADM mass \rightsquigarrow wait for **Chao Xia's talk**.

- The equivalence of masses $m_{\text{iso}}^{(p)} = m_{\text{iso}} = m_{\text{ADM}}$ is proved whenever m_{ADM} is defined. There are cases where m_{ADM} is not defined, but we still have m_{iso} and $m_{\text{iso}}^{(p)}$. At this point, we are only able to prove that $m_{\text{iso}}^{(p)} \rightarrow m_{\text{iso}}$ as $p \rightarrow 1^+$.

- The equivalence of masses $m_{\text{iso}}^{(p)} = m_{\text{iso}} = m_{\text{ADM}}$ is proved whenever m_{ADM} is defined. There are cases where m_{ADM} is not defined, but we still have m_{iso} and $m_{\text{iso}}^{(p)}$. At this point, we are only able to prove that $m_{\text{iso}}^{(p)} \rightarrow m_{\text{iso}}$ as $p \rightarrow 1^+$.
- All proofs based on IMCF can deal with disconnected boundaries (in the sense that IMCF is able to jump over horizons). The proofs based on NPT are not able to do that at this point.

- The equivalence of masses $m_{\text{iso}}^{(p)} = m_{\text{iso}} = m_{\text{ADM}}$ is proved whenever m_{ADM} is defined. There are cases where m_{ADM} is not defined, but we still have m_{iso} and $m_{\text{iso}}^{(p)}$. At this point, we are only able to prove that $m_{\text{iso}}^{(p)} \rightarrow m_{\text{iso}}$ as $p \rightarrow 1^+$.
- All proofs based on IMCF can deal with disconnected boundaries (in the sense that IMCF is able to jump over horizons). The proofs based on NPT are not able to do that at this point.
- These are results towards understanding the geometry of initial data sets endowed with \mathcal{C}^0 metrics \rightsquigarrow wait for **Gioacchino Antonelli's talk**.

Thank you for your attention!