The width $w$ of a curve $c$ in Euclidean space is the infimum of the distances between all pairs of parallel hyperplanes which bound $c$, while its inradius $r$ is the supremum of the radii of all spheres which are contained in the convex hull of $c$ and are disjoint from $c$. We use a mixture of topological and integral geometric techniques, including the Borsuk Ulam theorem and Crofton’s formulas, to obtain lower bounds on the length of $c$ subject to constraints on $r$ and $w$. Our estimates confirm some conjectures of Zalgaller up to 99% of their stated value, while we also disprove one of them. (Received January 13, 2017)