

$$\omega_{\text{m}} = \frac{1}{RC}$$

$$G_{\text{m}} = \frac{1}{3}$$

$$\omega_{\text{g,u}} = 0,303 \cdot \omega_{\text{m}}$$

$$\omega_{\text{g,o}} = 3,303 \cdot \omega_{\text{m}}$$