$$\Omega_W = W_0 = \frac{1}{C \cdot R_3} = 1 \frac{rad}{s} \qquad \Omega_z = R_3 = 10\,k\Omega$$

$$R_N = \frac{R}{\Omega_z} \longrightarrow R_{1N} = \frac{1\,k\Omega}{10\,k\Omega} = 0{,}1$$

$$R_{2N} = \frac{30\,k\Omega}{10\,k\Omega} = 3$$

$$R_{3N} = R_{4N} = 1$$

$$C_N = \Omega_z R_W C \longrightarrow C_N = 1\,rad/s \cdot 10\,k\Omega \cdot 100\,\mu F = 1$$