Desnormalización

$\Omega_w = 2\pi \cdot 10\ kHz$

$\Omega_2 = 5\ k\Omega$

$$C = 1\,F \cdot \frac{1}{2\pi \cdot 10 \cdot 10^3 \cdot 5 \cdot 10^3} = 3{,}183\ nF$$

$R = 1\,\Omega \cdot 5\,k\Omega = 5\,k\Omega$

$R_2 = \frac{1}{\sqrt{2}} \cdot 5\,k\Omega = 3535\,\Omega$