$$\frac{\frac{j\omega}{10}}{1+\frac{j\omega}{10}} = \frac{1}{4\sqrt{2}}$$

$$4\sqrt{2} = 10$$

$$\frac{3}{2\pi i 0^{3} \left(\frac{10}{10} + 1\right)} \cdot \frac{1}{\left(\frac{2i\omega}{1000} + 1\right)} \cdot \frac{1}{\left(\frac{2i\omega}{1000} + 1\right)}$$

