FORMULA 3.244.4

$$\int_{-\infty}^{\infty} \frac{x^{2m} - x^{2n}}{1 - x^{2l}} \, dx = \frac{\pi}{l} \left[\cot \left(\frac{2m+1}{2l} \pi \right) - \cot \left(\frac{2n+1}{2l} \pi \right) \right]$$