

RewriteEngine on

RewriteRule ^content-([0-9]+)-([0-9]+)-([0-9]+).html index.php?
m=content&c=index&a=show&catid=\$1&id=\$2&page=\$3

RewriteRule ^show-([0-9]+)-([0-9]+)-([0-9]+).html index.php?
m=content&c=index&a=show&catid=\$1&id=\$2&page=\$3

RewriteRule ^list-([0-9]+)-([0-9]+).html index.php?
m=content&c=index&a=lists&catid=\$1&page=\$2