For Host Galaxy

Velocity(km/s) = $redshift \times speed\ of\ light$ (km/s) = $1 \times 3 \times 10^5 km/s$

Distance(Mpc) = $\frac{Velocity}{Hubble's\ constant}$ = $\frac{3\times10^5}{72}$ = $4.167 \times 10^9 parsec$

Apparent magnitude = $abs.\ mag + 5 \times log\left(\frac{D\ pc}{10\ pc}\right) = -20 + 5 \times log\left(\frac{4.167\times10^9\ pc}{10\ pc}\right)$

= $-20 + 5 \times 8.619$

= 23.095

Flux in counts = $10^{\frac{25-app.\ mag}{2.5}} = 10^{\frac{25-23.095}{2.5}}$

= $10^{0.762}$

= 5.78096