For Host Galaxy

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

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

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

$= -20 + 5 \times 8.619$

$= 23.095$

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

$= 10^{0.762}$

$= 5.78096$