solve for
$$R, y = C \cdot V \cdot \left(1 - e^{-\frac{x}{R \cdot C}}\right)$$

solve for
$$R, y = C \cdot V \cdot \left(1 - e^{-\frac{X}{R \cdot C}}\right)$$

Solution

$$R = -\frac{x}{C\ln\left(-\frac{y - CV}{CV}\right)}$$