Hubble's constant so is given by

H(t)= 1 da & also H(t)= 1

a dt

(Le 1800. $\frac{1}{t} = \frac{1}{a} \frac{da}{dt}$ using $a(t) = \frac{1}{1+z}$, \Rightarrow $\frac{da}{dt} = -\frac{dz}{dt}$ $\frac{dz}{(1+z)^2}$ $\int \frac{dt}{t} = -\frac{dz}{1+z}$ $t_0 \qquad (z=0)$

$$\Rightarrow \ln\left(\frac{t}{t_0}\right) = \ln\left(\frac{1}{1+z}\right)$$

$$\Rightarrow \frac{t}{t_0} = \frac{1}{1+z}$$