Eqn
$$Z_{res} = abs(real(Z1)) / 3 - j * imag(Z1)$$

Z_res	C_res	
0.032 - j2.855	3.715E-11	

Eqn
$$ZL = 5$$

Eqn
$$GL = (ZL - 50) / (ZL + 50)$$

Eqn GL =
$$(ZL - 50) / (ZL + 50)$$
 Eqn $Z1 = 50 * (1 + G1) / (1 - G1)$

G1	Z 1	ZL	GL