```
#include "fsl_device_registers.h"
#include "fsl_debug_console.h"
#include "pin_mux.h"
#include "clock_config.h"
#include "board.h"
#include <string.h>
#include <stdio.h>
#include <math.h>
/*******************************************************************************
 * Definitions
 ******************************************************************************/
#define SOURCE_CLOCK CLOCK_GetFreq(kCLOCK_CoreSysClk)
volatile uint32_t g_systickCounter;
/*******************************************************************************
 * Prototypes
 ******************************************************************************/

/*******************************************************************************
 * Code
 ******************************************************************************/
void convert(int sec)
{
      char und_hr[50] = "0";

      int hr = floor(sec/3600);
      char hour[50];
      sprintf(hour, "%d", hr);
      if(strlen(hour) < 2) PRINTF(strcat(und_hr, hour));
      else PRINTF(hour);
      PRINTF(":");

      char und_min[50] = "0";
      sec = sec - hr * 3600;
      int min = floor(sec/60);
      char minute[50];
      sprintf(minute, "%d", min);
      if(strlen(minute) < 2) PRINTF(strcat(und_min, minute));
      else PRINTF(minute);
      PRINTF(":");

      char und_sec[50] = "0";
      sec = sec - min * 60;
      char second[50];
      sprintf(second, "%d", sec);
      if(strlen(second) < 2) PRINTF(strcat(und_sec, second));
      else PRINTF(second);

}


void SysTick_Handler(void)
{
    if (g_systickCounter != 0U) g_systickCounter--;
}

void SysTick_DelayTicks(uint32_t n)
{
    g_systickCounter = n;
    while (g_systickCounter != 0U) {}
}

int main(void)
{
    char ch;
    BOARD_InitBootPins();
    BOARD_InitBootClocks();
    BOARD_InitDebugConsole();

      if (SysTick_Config(SystemCoreClock / 1000U))
      {
            while (1)
            {
            }
      }

    int count = 0;
    while (1)
    {
      if(count%5 == 0) {
            convert(count);
            PRINTF("\n");
      }
      SysTick_DelayTicks(1000U);
      count++;
    }
}
```