```
#include<stdio.h>
int main(){
    int total_seconds, hours, minutes, seconds;
    printf("entre total seconds:");
    scanf("%d", &total_seconds);

    hours=total_seconds/3600;
    minutes=(total_seconds%3600)/60;
    seconds=total_seconds%60;

    printf("Time: %d hours, %d minutes, %d seconds\n", hours, minutes, seconds);
    return 0;
```

