For MD5:

```
configure terminal router ospf 1 network ( your ip ) 0.0.0.255 area 0
```

For NTp and SYSlog:

```
ntp server [your server]
ntp update-calendar
ex
show clock

ntp authenticate
ntp trusted-key 1
ntp authentication-key 1 md5 NTPp55
service timestamps log datetime msec
logging host [server ip]
ex
show logging
```