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<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0">
<title>Countdown Timer</title>
<style>
body {
    font-family: Arial, sans-serif;
    background-color: #f0f0f0;
    margin: 0;
    padding: 0;
    display: flex;
    justify-content: center;
    align-items: center;
    height: 100vh;
}
.container {
    background-color: #fff;
    padding: 20px;
    border-radius: 10px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}
.input-container {
    display: flex;
    justify-content: space-between;
    margin-bottom: 10px;
}
label {
    font-weight: bold;
}
input[type="number"] {
    width: 50px;
    padding: 5px;
    border: 1px solid #ccc;
    border-radius: 5px;
}
button {
    background-color: #007bff;
    color: #fff;
    border: none;
    border-radius: 5px;
    padding: 10px 20px;
    cursor: pointer;
}
```

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        }
        button:hover {
            background-color: #0056b3;
        }
    #timer {
        font-size: 24px;
        text-align: center;
        margin-bottom: 20px;
    }

```

</style>

</head>

<body>

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<div class="container">
    <div class="input-container">
        <label for="minutes">Minutes:</label>
        <input type="number" id="minutes" min="0" value="0">
    </div>
    <div class="input-container">
        <label for="seconds">Seconds:</label>
        <input type="number" id="seconds" min="0" max="59" value="0">
    </div>
    <button onclick="startTimer()">Start Countdown</button>

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    <div id="timer"></div>
</div>
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<script>
let timer;

function startTimer() {
    const minutesInput = document.getElementById("minutes").value;
    const secondsInput = document.getElementById("seconds").value;

    let totalTime = (parseInt(minutesInput) * 60) + parseInt(secondsInput);

    if (isNaN(totalTime) || totalTime <= 0) {
        alert("Please enter a valid time.");
        return;
    }

    clearInterval(timer);
}

timer = setInterval(() => {

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totalTime--;

if (totalTime < 0) {
    clearInterval(timer);
    executeBackgroundTask();
    document.getElementById("timer").innerHTML = "Time's up!";
} else {
    const minutes = Math.floor(totalTime / 60);
    const seconds = totalTime % 60;
    document.getElementById("timer").innerHTML = `${minutes.toString().padStart(2, '0')}:${seconds.toString().padStart(2, '0')}`;
}
}, 1000);
}

function executeBackgroundTask() {
// Execute the link in the background
const url = "https://api.thingspeak.com/update?api_key=ELW2NF5Q83OGB39G&field5=100";
const xhr = new XMLHttpRequest();
xhr.open("GET", url, true);
xhr.send();
}
</script>

</body>
</html>

```

Output:

