explanation
first counter will count from 0 to 10
first counter output is given to second counter clock
and it counts from 0 to 4

2nd counter is a Clock divider - circuitverse clock frequency 10Hz, required clock frequency - 1Hz.

The display should show within how many seconds milliseconds you have reacted

is connected to 2 to 4 decoder, so for every one second the decoder output will move to next pin

when first counter goes from 0 to a second goes from 0 to 1, so from red light to yellow light and similarly in next cycle from yellow to green

yellow light is connected to reset of the counter on top, the moment it goes off and green turns on it starts counting.

Counter - This counter should start when the go signal is high . It will count milli second in multiples of 100. Connect the reset to set

So that it resets as long as set is high. Once go signal becomes high, the counter will start counting from 0.

React button - the go signal and react button are connected to an and gate. When u press the react button when go is high the output of and gate will be high. This will be the control signal for your register.

Register - When the load is high it will load the counter data and store it

Stop - connect the 4th output pin of decoder to t flip flop, when the 4 pin goes high the output of t flip flop will be toggled (0 to 1). This output pin is connected to counter reset. So as long as t flip flop output is high the counter will be in reset state.

Master Reset - connect this reset button to all counter, so that the circuit will restart once to press it.

Note: make sure the bitwidth is same for an input and output pair. Eg: the decoder bitwidth here is 2, so the counter bit width should also be 2