Filling Jars

Problem Statement

Animesh has *N* empty candy jars, numbered from 1 to *N*, with infinite capacity. He performs *M* operations. Each operation is described by 3 integers *a, b* and *k*. Here, *a* and *b* are indices of the jars, and *k* is the number of candies to be added inside each jar whose index lies between *a* and *b* (both inclusive). Can you tell the average number of candies after *M* operations?

Input Format
The first line contains two integers *N* and *M* separated by a single space.
M lines follow. Each of the *M* lines contain three integers *a, b* and *k* separated by single space.

Output Format
A single line containing the average number of candies across *N* jars, *rounded down* to the nearest integer.

Note
Rounded down means finding the greatest integer which is less than or equal to given number. Eg, *13.65* and *13.23* is rounded down to *13*, while *12.98* is rounded down to *12*.

Constraints
$3 <= N <= 10^7$
$1 <= M <= 10^5$
$1 <= a <= b <= N$
$0 <= k <= 10^6$

Sample Input #00

```
5 3
1 2 100
2 5 100
3 4 100
```

Sample Output #00

```
160
```

Explanation
Initially each of the jar contains 0 candies

```
0 0 0 0 0
```

First operation

```
100 100 0 0 0
```

Second operation

```
100 200 100 100 100
```

Third operation

```
100 200 200 200 100
```

Total = 800, Average = 800/5 = 160