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