L=0
M=49
N=4

$4 \times 2^5 = 4 \times 32$
$= 128$

M = 68
$49 - \frac{68}{4}$
$= 49 - 17$
$= 32$

L	M	N
0	49	4
4	24	8
4	12	16
4	6	32
4	3	64
68	1	~~128~~

L	M	N
0	37	3
3	18	6
3	9	12
15	4	24
15	2	48
15	1	96

L	M	N
0	69	5
5	34	10
5	17	20
25	8	40
25	4	80
25	2	160
25	1	320

$5 \times 2^6 = 5 \times 64$
$= 320$

$\frac{25}{5} = 64$

L	M	N
0	49	3
3	24	6
3	12	12
3	6	24
3	3	48
51	1	96

L	M	N
0	37	4
4	18	8
4	9	16
20	8	32
20	4	64
20	2	128
20	1	256

* Running time of algorithm is $\log m$
* If we subtract from the initial M, the ~~division~~ result of division of Final (L) / initial (N)

$$\text{Initial (M)} - \frac{\text{Final (L)}}{\text{Initial (N)}}$$

We get the number which can be subtracted from inital M to obtain the highest power of 2 contained with initial M