

The random variable N is equal to the number of successive interarrival intervals that are smaller than τ . Interarrival intervals are independent and each one is smaller than τ with probability $1 - e^{-\lambda\tau}$.

$$\therefore P(N=0) = e^{-\lambda\tau}$$

$$P(N=1) = e^{-\lambda\tau} (1 - e^{-\lambda\tau})$$

$$P(N=k) = e^{-\lambda\tau} (1 - e^{-\lambda\tau})^k$$

So N has a distribution similar to a geometric one, with parameter $p = e^{-\lambda\tau}$

except that it shifted one place to the left,

so that it starts out at 0. Hence,

$$E[N] = \frac{1-p}{p} = e^{\lambda\tau} - 1$$