Alfven turbulence rate in the DeC phase $n_{\text{tot}} = 1000.0 \text{ cm}^{-3}$ - $B = 2.2 \text{e-05} \ \mu\text{G}$ - $T = 10 \ \text{K}$ - $\text{grad}(P_{\text{CR}}) = 1 \text{e-29} \ \text{erg cm}^{-4}$ 10⁻² 10⁻³ Alfven turbulence rate 10⁻⁴ 10⁻⁵ 10⁻⁶ 10⁻⁷ 10⁻² 10⁰ 10^{-1} 10⁷ 10¹ 10² 10³ 10^{4} 10⁵ 10⁶ Mass normalised kinetic energy