Mean free path of CRs in the CNM phase $n_{\rm tot} = 20 \text{ cm}^{-3} - B = 6\text{e-}06 \ \mu\text{G} - T = 50 \text{ K} - \text{grad}(P_{\rm CR}) = 1\text{e-}29 \text{ erg cm}^{-4}$ 10⁴ 10³ 10² Mean free path - [pc] 10¹ 10⁰ 10⁻¹ 10⁻² 10⁻³ 10-4 10⁻² 10⁻¹ 10⁰ 10² $10^{\overline{4}}$ 10⁶ 10¹ 10³ 10⁵ Mass normalised kinetic energy