Alfven turbulence rate in the CNM phase

$n_{\text{tot}} = 20 \text{ cm}^{-3}$ - $B = $ 6e-06 μG - $T = $ 50 K - $\text{grad}(P_{\text{CR}}) = $ 1e-29 erg cm^{-4}

Mass normalised kinetic energy

Alfven turbulence rate