

A heat treated and cold rolled steel sheet having a composition comprising of the following elements $0.09\% \leq \text{Carbon} \leq 0.15\%$, $1.8\% \leq \text{Manganese} \leq 2.5\%$, $0.2\% \leq \text{Silicon} \leq 0.7\%$, $0.01\% \leq \text{Aluminum} \leq 0.1\%$, $0\% \leq \text{Phosphorus} \leq 0.09\%$, $0\% \leq \text{Sulfur} \leq 0.09\%$, $0\% \leq \text{Nitrogen} \leq 0.09\%$, $0\% \leq \text{Niobium} \leq 0.1\%$, $0\% \leq \text{Titanium} \leq 0.1\%$, $0\% \leq \text{Chromium} \leq 1\%$, $0\% \leq \text{Molybdenum} \leq 1\%$, $0\% \leq \text{Vanadium} \leq 0.1\%$, $0\% \leq \text{Calcium} \leq 0.005\%$, $0\% \leq \text{Boron} \leq 0.01\%$, $0\% \leq \text{Cerium} \leq 0.1\%$, $0\% \leq \text{Magnesium} \leq 0.05\%$, $0\% \leq \text{Zirconium} \leq 0.05\%$ the remainder composition being composed of iron and unavoidable impurities caused by processing, the microstructure of said steel sheet comprising in area fraction, 65 to 85 % Tempered Martensite, 0 % to 5 % Residual Austenite and a cumulative presence of Ferrite and Bainite between 15 and 35 %.