

energy density (J/cm<sup>2</sup>)

40x10<sup>-3</sup>

30

20

10

0

-300

-200

-100

0

100

200

300

time delay (fs)

delta t = 5fs

5nm Au / 7nm Fe / MgO

front pump

- 'Electrons\_0.1eV'
- 'Electrons\_0.2eV'
- 'Electrons\_0.3eV'
- 'Electrons\_0.4eV'
- 'Electrons\_0.5eV'
- 'Electrons\_0.6eV'
- 'Electrons\_0.7eV'
- 'Electrons\_0.8eV'
- 'Electrons\_0.9eV'
- 'Electrons\_1.0eV'
- 'Electrons\_1.1eV'
- 'Electrons\_1.2eV'
- 'Electrons\_1.3eV'
- 'Electrons\_1.4eV'
- 'Electrons\_1.5eV'
- 'Electrons\_1.6eV'
- 'Electrons\_1.7eV'