Magnetisation Ni-fcc; m_z ; intensity is 10^{15} W/cm² 300 A field 150 -150 -3000.7 h=0.010.6 h = 0.030.5 h = 0.050.4 h=0.070.3 0.2 0.1 40.0 0.060.0 80.0 100.0 120.0 140.0 160.0 180.0 20.0Time, fs

A(t)

 $m(t), \mu_B$