

The invention relates to a steel part having the following composition in wt %: $0.040\% \leq C \leq 0.100\%$, $0.80\% \leq \text{Mn} \leq 2.00\%$, $\text{Si} \leq 0.30\%$, $\text{S} \leq 0.005\%$, $\text{P} \leq 0.030\%$, $0.010\% \leq \text{Al} \leq 0.070\%$, $0.015\% \leq \text{Nb} \leq 0.100\%$, $0.030\% \leq \text{Ti} \leq 0.080\%$, $\text{N} \leq 0.009\%$, $\text{Cu} \leq 0.100\%$, $\text{Ni} \leq 0.100\%$, $\text{Cr} \leq 0.100\%$, $\text{Mo} \leq 0.100\%$, $\text{Ca} \leq 0.006\%$, the balance of the composition consisting of iron and unavoidable impurities from the manufacturing process. The steel microstructure includes at least 75 % of equiaxed ferrite, martensite in an amount higher than or equal to 5 % and lower than or equal to 20 %, and bainite in an amount lower than or equal to 10 %.