

CYCLING:Swiss grabs gold in men's time trial

Alberto Contador. But Contador dropped off in the final lap and finished fourth.

Cancellara said he reached speeds up to about 80kph on the downhill sections, but it was the long, tough uphill that taxed most of the riders.

Leipheimer, who fought a close race with Contador for the bronze, said it was his life-long dream to win an Olympic medal.

Olympic time trial gold to her 2006 world title.

Emma Pooley of Britain claimed the silver with Karin Thurig of Switzerland taking a second consecutive Olympic bronze after her third place in Athens.

Armstrong, 35, was nearly four seconds behind early pacesetter Pooley after the diminutive Englishwoman had set a searing pace on the 9km climb leading to the first time check at 10.8 km.

However the American specialist battled a headwind on the ensuing downhill and flat sections to steadily reduce her deficit before coming over the slightly uphill finish line in a winning time of 34min 51sec.

Despite being told she had won, Armstrong refused to believe she had just achieved a childhood dream.

About the Author

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This article will attempt to describe exactly what an elliptical cross trainer is. An elliptical cross trainer is similar to a treadmill.

An exercise device includes one or more foot supports movable along an arcuate path defined around a point of rotation. The arcuate path is divisible.

Source: <http://productsherbal.com>