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#include <iostream>
using namespace std;

// Elementstruktur
struct ListElem{
    int data;
    ListElem* next;
    ListElem* prev;
};

int main()
{
    // Listenzeiger
    ListElem *pA, *pNew, *pLast;

    // erstes Element
    pA = new ListElem;
    pA->data = 1;
    pA->next = pA->prev = NULL;
    pLast = pA;

    // weitere 9 Elemente
    for(int i=2; i<11; i++){
        pNew = new ListElem;
        pNew->data = i;
        pNew->prev = pLast;
        pNew->next = NULL;
        pLast->next = pNew;
        pLast = pLast->next;
    }

    // Ausgabe vorwaerts
    ListElem *pHelp = pA;
    while(pHelp != NULL){
        cout << pHelp->data << " ";
        pHelp = pHelp->next;
    }
    cout << endl;

    // Ausgabe rueckwaerts
    pHelp = pLast;
    while(pHelp != NULL){
        cout << pHelp->data << " ";
        pHelp = pHelp->prev;
    }
    cout << endl;

    return 0;
}

```