C L A I M S

1. Anchor comprising a fluke, a shank that is connected to the fluke, and an anchor coupling on the shank to attach the fluke to an anchor line or anchor chain to install the anchor in an anchoring ground in a penetration direction, wherein the shank comprises a left shank leg and a right shank leg,

wherein the left shank leg comprises a left base section that is connected to the fluke and that merges into a left coupling provision for the anchor coupling, and a left interlock body on and projecting from the left coupling provision, and

wherein the right shank leg comprises a right base section that is connected to the fluke and that merges into a right coupling provision for the anchor coupling, and a right interlock body on and projecting from the right coupling provision for interlocking cooperation with the left interlock body by insertion into each other in an insert direction, wherein the left interlock body and the right interlock body have transverse to the insert direction a polygonal cross section.

2. Anchor according to claim 1, wherein the polygonal cross section is a triangular or rectangular cross section.

3. Anchor according to claim 1, wherein the left interlock body and the right interlock body are prismatic over their length in the insert direction.

4. Anchor according to claim 1, wherein at least one of the left interlock body and the right interlock body comprises a confinement chamber having the polygonal cross section for confinement of the inserted other of the left interlock body and the right interlock body having the polygonal cross section.

5. Anchor according to claim 1, wherein the left

interlock body and the right interlock body are formed with steel plates in a polygonal configuration.

6. Anchor according to claim 1, wherein the left interlock body and the right interlock body are hollow bodies.

7. Anchor according to claim 1, wherein the left interlock body has a left distal end in abutment with the right coupling provision, or wherein the right interlock body has a right distal end in abutment with the left coupling provision.

8. Anchor according to claim 1, wherein the left coupling provision comprises a left mounting hole and the right coupling provision comprises a right mounting hole, wherein the anchor comprises a tensioning rod or tensioning bolt that extends through the left mounting hole and the right mounting hole and that keeps the left interlock body and the right interlock body inserted into each other.

9. Anchor according to claim 8, wherein the tensioning rod or tensioning bolt extends through the left interlock body and the right interlock body.

10. Anchor according to claim 1, wherein the insert direction extends transverse to the penetration direction.

11. Anchor according to claim 1, wherein the insert direction extends transverse to a longitudinal plane of symmetry of the anchor.

12. Anchor according to claim 1, wherein the left base section and the right base section mutually diverge as from the respective left coupling provision and right coupling provision towards the fluke.

13. Anchor according to claim 1, wherein the cooperating left interlock body and right interlock body extend between the left coupling provision and the right coupling provision spaced apart from the anchor coupling.

14. Anchor according to claim 1, wherein the anchor coupling comprises a shackle that is hingeably connected with the left coupling provision and the right coupling provision.

15. Anchor according to claim 1, wherein the left base section is formed with a left plate section that has a

straight left base main plane as from the left coupling provision to the fluke, and wherein the right base section is formed with a right plate section that has a straight right base main plane as from the right coupling provision to the fluke.

16. Anchor according to claim 15, wherein the left base main plane and the right base main plane extend parallel to each other along the fluke.

17. Anchor according to claim 15, wherein the left plate section merges over a transition angle into the left coupling provision, and wherein the right plate section merges over that same transition angle into the right coupling provision.

18. Anchor according to claim 17, wherein the left plate section merges along a left transition line over the transition angle into the left coupling provision, and wherein the right plate section merges along a right transition line over that same transition angle into the right coupling provision, wherein the left transition line and the right transition line extend parallel to each other.

19. Anchor according to claim 1, wherein the fluke comprises a central penetration plate that extends between the left shank leg and the right shank leg, and a left outer penetration plate and a right outer penetration plate that are connected to the central penetration plate at the respective left shank leg and right shank leg and are directed downwards therefrom away from the anchor coupling under an angle of 10-20 degrees with respect to the central penetration plate.

20. Method for assembly of an anchor, wherein the anchor comprises a fluke, a shank that is connected to the fluke, and an anchor coupling on the shank to attach the fluke to an anchor line or anchor chain to install the anchor in an anchoring ground in a penetration direction, wherein the shank comprises a left shank leg and a right shank leg,

wherein the left shank leg comprises a left base section that is connected to the fluke and that merges into

a left coupling provision for the anchor coupling, and a left interlock body on and projecting from the left coupling provision, and

wherein the right shank leg comprises a right base section that is connected to the fluke and that merges into a right coupling provision for the anchor coupling, and a right interlock body on and projecting from the right coupling provision for interlocking cooperation with the left interlock body by insertion into each other in an insert direction, wherein the left interlock body and the right interlock body have transverse to the insert direction a polygonal cross section,

wherein the method comprises the step of moving the left shank leg and the right shank leg towards each other in the insert direction so as to bring the left interlock body and the right interlock body in interlocking cooperation, and the step of mounting the left shank leg and the right shank leg to the fluke, wherein the interlocking left interlock body and the right interlock body maintain the mutual position of the left shank leg and the right shank leg.