

The invention relates to a panel (1, 4, 5) comprising a panel upper side (1a) and a panel lower side (1b) and also at least four panel edges which are situated opposite one another in pairs, with complementary retaining profiles which are provided in pairs on the panel edges and which match one another in such a way that panels of the same type can be fastened to one another, wherein at least one of the retaining profile pairs is provided with hook profiles, namely on a panel edge with a receiving hook (6) and on the opposite panel edge with an arresting hook (7). Floor coverings, for example, are produced with panels of this kind and, in particular, such panels are suitable for floor coverings laid in a floating manner. The panels customarily have decorative surfaces.