SEC For																			
FORM 4 UNITE				D STA	STATES SECURITIES AND EXCHANGE COM Washington, D.C. 20549											OMB APPROVAL			
Section 16. Form 4 or Form 5 obligations may continue. See					d pur	NT OF CHANGES IN BENEFICIAL OWNE d pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940								COMB Number: 3235-0287 Estimated average burden			3235-0287		
1. Name and Address of Reporting Person [*] <u>Yoran Amit</u>					2.1	2. Issuer Name and Ticker or Trading Symbol <u>Tenable Holdings, Inc.</u> [TENB]								eck all applie X Directo x Officer	cable) or (give title	title Other (speci			
(Last) (First) (Middle) C/O TENABLE HOLDINGS, INC. 7021 COLUMBIA GATEWAY DRIVE, SUITE 500					3. Date of Earliest Transaction (Month/Day/Year) 06/15/2020									A below) below) President, CEO and Chairman					
(Street) COLUMBIA MD 21046 (City) (State) (Zip)					4.1	4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Line) X Form filed by One Reporting Person										orting Person	n		
		Tab	le I - No	n-Deriv	ativ	e Sec	curit	ies Ac	quired	, Dis	posed o	f, or Bei	neficial	ly Owned					
1. Title of Security (Instr. 3) Date (Month/Date)					Execution Date,			Transaction Disposed O Code (Instr.			es Acquired (A) or Of (D) (Instr. 3, 4 and 5)		5) Securitie Benefici Owned	5. Amount of Securities Beneficially Owned Following Reported		r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
									Code	v	Amount	(A) or (D)	Price	Transac (Instr. 3	tion(s)				
Common Stock 06/15/					2020				М		15,000	A	\$4.25	i 1,34	9,471		D		
Common Stock 06/1				06/15/	5/2020				S ⁽¹⁾ S ⁽¹⁾		15,000	D	\$27.9				D		
Common Stock 06/17/					2020						900	D	\$30.19	,,-			D		
		-	Table II ·						,		osed of, convertil		-	Owned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Executior if any (Month/Da	Date,		ransaction ode (Instr.		5. Number of		Exercis on Dat Day/Ye		-		8. Price of Derivative Security (Instr. 5)		e s Illy J	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				с	Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amount or Number of Shares						
Employee Stock Option (right to	\$4.25	06/15/2020			М			15,000	(3)		01/18/2027	Common Stock	15,000	\$0	2,764,5	524	D		

Explanation of Responses:

1. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the Reporting Person.

2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$30.17 - \$30.21, inclusive. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnote (2) to this Form 4.

3. 25% of the shares underlying the option vested on January 1, 2018, with the remainder vesting in 12 equal quarterly installments thereafter, subject to the reporting person's continuous service with the Issuer as of the applicable vesting date, and subject to accelerated vesting in specified circumstances.

Remarks:

buy)

/s/ David Bartholomew,

<u>Attorney-in-Fact</u>

** Signature of Reporting Person Date

06/17/2020

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 \ast If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.