Form 144 Filer Information

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0001345943
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	(•) LIVE ( ) TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer	Tenable Holdings, Inc.
SEC File Number	001-38600
Address of Issuer	6100 MERRIWEATHER DRIVE COLUMBIA MARYLAND 21044
Phone	410-872-0555
Name of Person for Whose Account the Securities are To Be Sold	Vintz Stephen A

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
Relationship to Issuer	Director

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917	100000	4154000.00	104507623	11/13/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition	Name of Person from	Is this	Date Donor	Amount of Securities	Date of Payment	Nature of Payment *

		Transaction	Whom Acquired	a Gift?	Acquired	Acquired	
Common	02/19/2021	Restricted Stock Vesting	Issuer	☐	17944	02/19/2021	Compensation
Common	11/19/2021	Restricted Stock Vesting	Issuer	☐	4552	11/19/2021	Compensation
Common	11/20/2021	Restricted Stock Vesting	Issuer	☐	4327	11/20/2021	Compensation
Common	02/17/2022	Restricted Stock Vesting	Issuer	☐	14954	02/17/2022	Compensation
Common	02/19/2022	Restricted Stock Vesting	Issuer	☐	4574	02/19/2022	Compensation
Common	02/20/2022	Restricted Stock Vesting	Issuer	☐	4431	02/20/2022	Compensation
Common	05/17/2022	Restricted Stock Vesting	Issuer	☐	2985	05/17/2022	Compensation
Common	05/19/2022	Restricted Stock Vesting	Issuer	☐	4780	05/19/2022	Compensation
Common	05/20/2022	Restricted Stock Vesting	Issuer	☐	4497	05/20/2022	Compensation
Common	08/19/2023	Restricted Stock Vesting	Issuer	☐	4593	08/19/2023	Compensation
Common	08/23/2023	Restricted Stock Vesting	Issuer	☐	3669	08/23/2023	Compensation
Common	02/17/2024	Restricted Stock Vesting	Issuer	☐	3767	02/17/2024	Compensation
Common	02/19/2024	Restricted Stock Vesting	Issuer	☐	5680	02/19/2024	Compensation
Common	02/22/2024	Restricted Stock Vesting	Issuer	☐	7770	02/22/2024	Compensation
Common	02/23/2024	Restricted Stock Vesting	Issuer	☐	7336	02/23/2024	Compensation
Common	02/26/2024	Restricted Stock Vesting	Issuer	☐	3557	02/26/2024	Compensation
Common	05/17/2024	Restricted Stock Vesting	Issuer	☐	584	05/17/2024	Compensation

***** If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report ☑

144: Remarks and Signature

Remarks	
Date of Notice	11/13/2026
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	08/05/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	/s/ Jennifer Ruchti, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Stephen Vintz

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)