FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response:

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Yoran Amit			2. Issuer Name and Ticker or Trading Symbol Tenable Holdings, Inc. [TENB]								(Check all applicable) X Director 10% Ov				
ast) (First) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 07/26/2023									Other (specify below) O and Chairman		fy
6100 MERRIWEATHER DRIVE			4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)				
(Street) COLUMBIA MD 21044											Form filed by One Reporting Person Form filed by More than One Reporting Person				
	Ru	ıle 1	LObs	5-1(c)	Trans	sac	tion Ind	ication							
	X	Chec satisf	ck this I fy the a	box to ind affirmative	icate that a	a tran: conditi	saction was i	made pursu 10b5-1(c). S	ant to a co See Instru	ontract, ction 10	instruct).	ion or writte	n plan that is	intended to	,
on-Deriv	ative	Sec	uriti	es Ac	quired,	Dis	posed o	f, or Be	neficia	ally O	wnec	i			
2. Transaction Date (Month/Day/Year)				3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			4 and 5) Secu Bene Own		es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	ct of Inc ect Bene Owne	7. Nature of Indirect Beneficial Ownership	
					Code	v	Amount	(A) or (D)	Price	1	Transaction(s) (Instr. 3 and 4)			(Instr	. 4)
Common Stock 07/26/202			023				41,966	A	\$4.25		281	31,979 I			
mon Stock 07/26/2023					S ⁽¹⁾		29,174	D	\$47.8	.84 ⁽²⁾ 252,805		2,805	D		
ommon Stock 07/26/2023					S ⁽¹⁾		12,792	D	\$49.0	01 ⁽³⁾ 240,013		D			
											335,	435 ⁽⁴⁾	Ī		ained nuity
Common Stock										245,947		I	By Trus	st ⁽⁶⁾	
Common Stock											179,700		I		ained nuity
											vned				
ned 4. n Date, Transact Code (In		ction	5. Number tion of		6. Date Expiration	xercis	sable and	7. Title and Amount of Securities Underlying Derivative	d f s g Security	8. Pr Deri Seci	erivative ecurity estr. 5)	derivative Securities Beneficially Owned Following Reported Transaction(Owner Form Direct or Ind (I) (In	rship of Be t (D) Ow lirect (In:	Beneficial Ownership (Instr. 4)
	Code	v	(A)					Title	or	ber					
	M			41,966	(8)		01/18/2027	Common Stock	41,966	5	\$0	1,928,05	55 I		
	2. Transac Date (Month/Date 07/26/2 07/26/2 07/26/2	On-Derivative 2. Transaction Date (Month/Day/Year) O7/26/2023 O7/26/2023 O7/26/2023 O7/26/2023 O7/26/2023 O7/26/2023 O7/26/2023 O7/26/2023 Code (II	Tenable 3. Date of O7/26/20 4. If Americal Approximation Security Securit	Tenable Harmonic Tenable (North-2023) Properties Tenable Harmonic Tenable (North-2023) Properties Tenable Harmonic Tenable (North-2023) A. If Amendment Tenable Harmonic Tenable (Month-2023) A. If Amendment Tenable Harmonic Tenable (Month-2023) A. If Amendment Tenable Harmonic Tenable (Month-2023) A. If Amendment Tenable (Month-2023) A. Deem Execution if any (Month-2023) O7/26/2023 O7/26/2023	Tenable Holding 3. Date of Earliest Trans 07/26/2023 4. If Amendment, Date of Satisfy the affirmative On-Derivative Securities Acquires (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 07/26/2023	Tenable Holdings, Inc. 3. Date of Earliest Transaction (MO7/26/2023 4. If Amendment, Date of Original Rule 10b5-1(c) Trans Check this box to indicate that a satisfy the affirmative defense of Date (Month/Day/Year) 2. Transaction Date Execution Date if any (Month/Day/Year) O7/26/2023	Tenable Holdings, Inc. [Transaction of the content	Tenable Holdings, Inc. [TENB] 3. Date of Earliest Transaction (Month/Day/Year) 07/26/2023 4. If Amendment, Date of Original Filed (Month/Day/Year) Check this box to indicate that a transaction was satisfy the affirmative defense conditions of Rule On-Derivative Securities Acquired, Disposed of Itany (Month/Day/Year) 2. Transaction Date (If any (Month/Day/Year)) Code V Amount 07/26/2023 M 41,966 07/26/2023 S(1) 29,174 07/26/2023 S(1) 12,792 - Derivative Securities Acquired, Disposed of, (e.g., puts, calls, warrants, options, convertil of Date, of Derivative Securities Acquired (Month/Day/Year) - Derivative Securities Acquired, Disposed of, (e.g., puts, calls, warrants, options, convertil of Date, of Derivative Securities Acquired (Month/Day/Year) - Derivative Securities Acquired, Disposed of, (e.g., puts, calls, warrants, options, convertil (Month/Day/Year) - Derivative Securities Acquired (Month/Day/Year)	Tenable Holdings, Inc. [TENB] 3. Date of Earliest Transaction (Month/Day/Year) 07/26/2023 4. If Amendment, Date of Original Filed (Month/Day/Year) Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursus satisfy the affirmative defense conditions of Rule 10b5-1(c). Son-Derivative Securities Acquired, Disposed of, or Bear (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 2. Transaction (Month/Day/Year) 3.	Tenable Holdings, Inc. [TENB] 3. Date of Earliest Transaction (Month/Day/Year) 07/26/2023 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Lin Check this box to indicate that a transaction was made pursuant to a c satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction Date (Month/Day/Year) 7. Transaction Date (Month/Day/Year) 8. A Deemed Execution Date, Irany (Month/Day/Year) 8. A Deemed Case (Month/Day/Year) 8. A Deemed Case (Month/Day/Year) 8. A Deemed Case (Month/Day/Year) 9. Code V Amount (A) or Disposed of, or Beneficial (Month/Day/Year) 9. A Deemed Case (Month/Day/Year) 10. Transaction (Code (Instr. R)) 11. Transaction (Code (Instr. R)) 12. Transaction (Code (Instr. R)) 13. A Deemed Case (Instr. R) 14. Gode V Amount (A) or Disposed of, or Beneficial (Month/Day/Year) 14. Title and Amount of Code (Instr. R) 15. Number of Disposed of (D) (Instr. 3, 4 and 5) 16. Lin 17. Transaction (Month/Day/Year) 18. A Deemed Case (Instr. R) 18. A Deemed Case (Instr. R) 18. A Deemed Case (Instr. R) 19. A Deemed Case (Instr. R) 10. Transaction (Month/Day/Year) 11. Title and Amount of Case (Instr. R) 12. Transaction (Month/Day/Year) 13. Title and Amount of Case (Instr. R) 14. Transaction (Month/Day/Year) 15. Number of Case (Instr. R) 16. Lin 17. Transaction (Month/Day/Year) 18. A Deemed Case (Instr. R) 18. A Deemed Case (Instr.	Tenable Holdings, Inc. [TENB] 3. Date of Earliest Transaction (Month/Day/Year) (7/26/2023 4. If Amendment, Date of Original Filed (Month/Day/Year) [6. Individual Line) X Rule 10b5-1(c) Transaction Indication X Check this box to indicate that a transaction was made pursuant to a contract, satisty the affirmative defense conditions of Rule 10b5-1(c). See instruction 10	Tenable Holdings, Inc. [TENB] 3. Date of Earliest Transaction (Month/Day/Year) 07/26/2023 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Line) X Porm of Form of Person Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruct on the Person of Rule 10b5-1(c). See instruction 10. Con-Derivative Securities Acquired, Disposed of, or Beneficially Owned (Month/Day/Year) 2. Transaction Date Code v Amount (A) or Disposed of (D) (Instr. 3, 4 and 5) Code v Amount (A) or Price Transaction (Instruct Transaction (Instr	Tenable Holdings, Inc. [TENB] (Check all applicable) 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date of Original Filed (Month/Day/Year) 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Line) X Form filed by One Form filed by One Form filed by Month Person Rule 10b5-1(c) Transaction Indication X Form filed by One Form filed by One Form filed by Month Person Rule 10b5-1(c) Transaction Indication X Form filed by One Form filed by Month Person Person Person A Securities Acquired (A) or Disposed Of, or Beneficially Owned 2. Transaction Date (Month/Day/Year) (Month/Day/Year) Date Securities Acquired, Disposed Of, Or Beneficially Owned Following Reported (Pa) Price (Pa)	Tenable Holdings, Inc. TENB Check all applicable) X Director 10 Officer (give title 10 Officer (give title	Check all applicable X Director 10% Owner 1

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 \$47.58 \$48.56, 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 footnotes (2) and (3) to this Form 4.
- 3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$48.59 \$49.10, inclusive.
- 4. On July 25, 2023, the Reporting Person contributed 14,835 shares from the Amit Yoran GRAT A directly to himself, Amit Yoran.
- 5. The Trustee of the Amit Yoran GRAT A is Amit Yoran.
- 6. The Trustees of the Amit Yoran 2020 Family Trust are Dov Yoran and David Redling.
- 7. The Trustee of the Amit Yoran GRAT B is Amit Yoran.
- 8. 100% of the shares underlying the option were vested as of January 1, 2021.

Remarks:

/s/ David Bartholomew, Attorney-in-Fact

** Signature of Reporting Person

07/28/2023 Date

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

- * 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.