1. **Name and Address of Reporting Person**
   Vintz Stephen A
   C/O TENABLE HOLDINGS, INC.
   6100 MERRIWEATHER DRIVE
   COLUMBIA MD 21044

2. **Issuer Name and Ticker or Trading Symbol**
   Tenable Holdings, Inc. [ TENB ]

3. **Date of Earliest Transaction (Month/Day/Year)**
   08/20/2021

4. **If Amendment, Date of Original Filed (Month/Day/Year)**
   08/23/2021

5. **Relationship of Reporting Person(s) to Issuer (Check all applicable)**
   Director 10% Owner
   Chief Financial Officer

6. **Individual or Joint/Group Filing (Check Applicable Line)**
   X Form filed by One Reporting Person
   Form filed by More than One Reporting Person

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>Deemed Execution Date, if any (Month/Day/Year)</th>
<th>Security Code</th>
<th>Shares Disposed of (D) or Indirectly Beneficially Owned (Instr. 3 and 4)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>08/20/2021</td>
<td>M</td>
<td>V</td>
<td>8,544</td>
<td>$0</td>
</tr>
<tr>
<td>Common Stock</td>
<td>08/23/2021</td>
<td>S(1)</td>
<td>(I)</td>
<td>4,059</td>
<td>$40.86</td>
</tr>
</tbody>
</table>

### Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

<table>
<thead>
<tr>
<th>Title of Derivative Security</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>Deemed Execution Date, if any (Month/Day/Year)</th>
<th>Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>Date Exercisable and Expiration Date (Month/Day/Year)</th>
<th>Title and Amount of Derivative Securities Beneficially Owned Following Report (Instr. 3 and 4)</th>
<th>Price of Derivative Security (Instr. 5)</th>
<th>Number of Derivative Securities Beneficially Owned Following Report (Instr. 4)</th>
<th>Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>(2) 08/20/2021</td>
<td>M</td>
<td>(I)</td>
<td>8,544</td>
<td>8,544</td>
<td>$0</td>
<td>51,265</td>
<td>D</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Explanation of Responses:
1. The sale reported on this Form 4 represents shares required to be sold by the Reporting Person to cover tax withholding obligations in connection with the vesting of restricted stock units. The sale occurred automatically to satisfy the tax withholding obligations to be funded by a “sell to cover” transaction and does not represent a discretionary trade by the Reporting Person.

2. Each restricted stock unit ("RSU") represents a contingent right to receive one share of Issuer common stock.

3. On February 20, 2020, 25% of the shares underlying the RSUs granted on February 20, 2019 vested, and the remainder vest in equal quarterly installments over three years, subject to the Reporting Person's continuous service with the Issuer as of the applicable vesting date, and subject to acceleration in specified circumstances.

### Remarks:

[Signature]

Attorney-in-Fact

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).


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.