1. Name and Address of Reporting Person

Vintz Stephen A

(First) (Last) (Middle)

C/O TENABLE HOLDINGS, INC.
7021 COLUMBIA GATEWAY DRIVE, SUITE 500
COLUMBIA, MD 21046

2. Issuer Name and Ticker or Trading Symbol

Tenable Holdings, Inc. [ TENB ]

5. Relationship of Reporting Person(s) to Issuer

X Director
10% Owner
Chief Financial Officer

3. Date of Earliest Transaction (Month/Day/Year)

02/20/2019

4. If Amendment, Date of Original Filed (Month/Day/Year)


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>1. Title of Security (Instr. 3)</th>
<th>2. Transaction Date (Month/Day/Year)</th>
<th>2A. Deemed Execution Date, if any (Month/Day/Year)</th>
<th>3. Transaction Code (Instr. 8)</th>
<th>4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>7. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>(1) 02/20/2019</td>
<td>A</td>
<td>(A)</td>
<td>136,705</td>
<td>(2)</td>
<td>(2)</td>
<td>(A)</td>
</tr>
<tr>
<td>Common Stock</td>
<td>136,705</td>
<td>$0.00</td>
<td>136,705</td>
<td>D</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Explaination of Responses:

1. Each restricted stock unit ("RSU") represents a contingent right to receive one share of Issuer common stock.
2. 25% of the shares underlying the RSUs vest on February 20, 2020, with the remainder vesting in equal quarterly installments over 3 years, 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:

/s/ Brian E. Leaf, Attorney-in-Fact

** Signature of Reporting Person

02/22/2019

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.