1. Name and Address of Reporting Person*  
Yoran Amit  
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 ]

3. Date of Earliest Transaction (Month/Day/Year)  
05/13/2020

5. Relationship of Reporting Person(s) to Issuer  
X Director 10% Owner  
X Officer (give title below)  
President, CEO and Chairman

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

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

<table>
<thead>
<tr>
<th>Title of Security (Instr. 3)</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>Transact Code (Instr. 2)</th>
<th>Transaction Execution Date, if any (Month/Day/Year)</th>
<th>Deemed Execution Date, if any (Month/Day/Year)</th>
<th>Security Acquired (A) or Disposed Of (D) (Instr. 3 and 4)</th>
<th>Number or Share Price or Other Price (Instr. 4)</th>
<th>Price (Instr. 5)</th>
<th>Amount or Percentage Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>05/13/2020</td>
<td>M</td>
<td>15,000</td>
<td>A</td>
<td>$4.25</td>
<td>1,422,298</td>
<td>D</td>
<td></td>
</tr>
<tr>
<td>Common Stock</td>
<td>05/13/2020</td>
<td>S(1)</td>
<td>14,902</td>
<td>D</td>
<td>$28.15</td>
<td>1,407,396</td>
<td>D</td>
<td></td>
</tr>
<tr>
<td>Common Stock</td>
<td>05/13/2020</td>
<td>S(1)</td>
<td>98</td>
<td>D</td>
<td>$28.83</td>
<td>1,407,396</td>
<td>D</td>
<td></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 (Instr. 3)</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>Transaction Code (Instr. 4)</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 or Other Information</th>
<th>Amount or Number of Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employee Stock Option (right to buy)</td>
<td>$4.25</td>
<td>05/13/2020</td>
<td></td>
<td>M</td>
<td>15,000</td>
<td>01/18/2027</td>
<td>Common Stock</td>
<td>15,000</td>
</tr>
</tbody>
</table>

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 $27.83 - $28.73, 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. 20% 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:
/\ David Bartholomew  
Attorney-In-Fact  
05/14/2020

** Signature of Reporting Person  
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.