## FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Washington, D.C. 20549

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

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1. **Name and Address of Reporting Person**
   - **Yoran Amit**
     - 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)**
   - 05/20/2021

4. **Transaction(s) Reported Following Transaction(s) (Instr. 3 and 4)**
   - **Common Stock**
     - 05/20/2021
     - M
     - 13,243
     - A
     - $0
     - 256,911
     - D

   - **Common Stock**
     - 05/21/2021
     - G
     - 5,902
     - D
     - $41.19
     - 251,009
     - D

5. **Relationship of Reporting Person(s) to Issuer (Check all applicable)**
   - X Director
   - X Officer (give title below)
     - President, CEO and Chairman

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

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### 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>Code</th>
<th>Amount (A) or (D)</th>
<th>Price</th>
<th>(Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>05/20/2021</td>
<td>M</td>
<td>13,243</td>
<td>$0</td>
<td>D</td>
</tr>
<tr>
<td>Common Stock</td>
<td>05/21/2021</td>
<td>G</td>
<td>5,902</td>
<td>$41.19</td>
<td>251,009</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. 5)</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Transaction Date (Month/Day/Year)</th>
<th>Code</th>
<th>(A)</th>
<th>(D)</th>
<th>Date Exercisable</th>
<th>Expiration Date</th>
<th>Title of Underlying Issuer</th>
<th>Amount or Number of Shares</th>
</tr>
</thead>
</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. The Trustees of the Amit Yoran 2020 Family Trust are Dow Yoran and David Redding.
3. The Trustees of the Amit Yoran GRAT A is Amit Yoran.
4. Each restricted stock unit (“RSU”) represents a contingent right to receive one share of Issuer common stock.
5. 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:**

/s/ David Bartholomew

**Date**

Attorney-in-Fact

Signature of Reporting Person

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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.