FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Washington, | D.C. | 20549 |
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| OMB APPROVAL | | | | | | | | | | |
|--------------------------|-----------|--|--|--|--|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | | | | | |
| Estimated average burden | | | | | | | | | | |
| hours per response: | 0.5 | | | | | | | | | |

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

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

| 1. Name and Address of Reporting Person* Yoran Amit (Last) (First) (Middle) C/O TENABLE HOLDINGS, INC. 6100 MERRIWEATHER DRIVE | | | | | | Issuer Name and Ticker or Trading Symbol Tenable Holdings, Inc. [TENB] Date of Earliest Transaction (Month/Day/Year) 03/21/2022 | | | | | | | | | Director Officer below) | | 10% Owner Other (specify below) | | |
|--|--|------------|----------------|------------|----------------------------|--|-------|------------------|--|---------|---|-----------------|--------------------------------------|-------------------------------------|---|---|---|--|--|
| (Street) COLUM (City) | BIA M | D | 21044 (Zip) | | - 4. I | If Ame | endme | nt, Date c | of Origina | al File | d (Month/Da | | . Indivine) | , | | | | | |
| | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | | | | | |
| 1. Title of Security (Instr. 3) 2. Transplate (Month/I | | | | | ar) E | 2A. Deemed Execution Date, if any (Month/Day/Year) | | | | | 4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a | | | 5. Amou Securitie Benefici | es | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership | | |
| | | | | | | | | (Month/Day/Year) | | v | Amount | (A) or (D) | Price | Reported | | d tion(s) | | | (Instr. 4) |
| Common Stock | | | | 03/21/2022 | | 2 | | | М | | 25,000 | A | \$4.2 | 25 | 205,245 | | D | | |
| Common Stock 03 | | | 03/21 | 1/2022 | | | | S ⁽¹⁾ | | 25,000 | D | \$55.4 | 16 ⁽²⁾ | 180 | ,245 | | D | | |
| Common | Stock | | | 03/21 | /2022 | 2 | | | S ⁽¹⁾ | | 15,000 | D | \$55.4 | 42 ⁽³⁾ 260,947 I | | | | | By Trust ⁽⁴⁾ |
| Common Stock | | | | | | | | | | | | | | | 361 | .,738 | | I | By Grantor Retained Annuity Trust ⁽⁵⁾ |
| | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | | |
| 1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise Price of Derivative Security (Instr. 3) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3A. Deemed Execution Date, if any (Month/Day/Year) | | | n Date, | | ransaction Code (Instr. | | on of | | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | D | Price of erivative ecurity nstr. 5) | 9. Number of derivative Securities Securities Owned Following Reported Transaction((Instr. 4) | e S Illy | Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| | | | | | Code | v | (A) | (D) | Date Exercisa | able | Expiration Date | Title | Amoun or Numbe of Shares | r | | | | | |
| Employee Stock Option (right to buy) | \$4.25 | 03/21/2022 | | | M | | | 25,000 | (6) | | 01/18/2027 | Common Stock | 25,00 | 0 | \$0 | 2,229,5 | 24 | D | |

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 \$55.28 \$55.72, 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 \$55.28 \$55.66, inclusive.
- 4. The Trustees of the Amit Yoran 2020 Family Trust are Doy Yoran and David Redling.
- 5. The Trustee of the Amit Yoran GRAT A is Amit Yoran.
- $6.\,100\%$ of the shares underlying the option were vested as of January 1, 2021.

Remarks:

/s/ David Bartholomew, Attorney-in-Fact

03/23/2022

** 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).
- ** 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.