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)

12/14/2020

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

12/14/2020

5. Relationship of Reporting Person(s) to Issuer

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

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>Deemed Execution Date, if any (Month/Day/Year)</th>
<th>Transaction Code (Instr. 5)</th>
<th>Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>Amount (A) or (D)</th>
<th>Date Exercisable</th>
<th>Expiration Date</th>
<th>Price of Security Underlying Derivative Security (Instr. 3 and 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>12/14/2020</td>
<td>M</td>
<td></td>
<td>5,000 A</td>
<td>$4.25</td>
<td>12/14/2020</td>
<td></td>
<td>12/14/2020</td>
</tr>
<tr>
<td>Common Stock</td>
<td>12/14/2020</td>
<td>S(1)</td>
<td></td>
<td>45,000 D</td>
<td>$38.95</td>
<td>12/14/2020</td>
<td></td>
<td>12/14/2020</td>
</tr>
<tr>
<td>Common Stock</td>
<td>12/16/2020</td>
<td>G V</td>
<td>560,947(2)</td>
<td>D</td>
<td>$0</td>
<td>12/16/2020</td>
<td></td>
<td>12/16/2020</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. 5)</th>
<th>Number of Derivative Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>Date Exercisable</th>
<th>Expiration Date</th>
<th>Title of Underlying Securities (Instr. 3 and 4)</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>12/14/2020</td>
<td>M</td>
<td></td>
<td>35,000 (3)</td>
<td>01/18/2027</td>
<td></td>
<td>Common Stock</td>
<td>35,000</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. This transaction involved a gift of 560,947 shares by the reporting person to an irrevocable trust for the benefit of the Reporting Person's children.
3. These shares were previously reported as directly beneficially owned but were contributed to an irrevocable trust on December 16, 2020.
4. The Trustees of the Amit Yoran 2020 Family Trust are Dov Yoran and David Redling.
5. 25% 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:

/s/ David Bartholomew,
Attorney-in-Fact

12/16/2020

** 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.