144: Filer Information

Filer CIK 0001651579
Filer CCC XXXXXXXX
Is this a LIVE or TEST Filing? ☑ LIVE  ☐ TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer Tenable Holdings, Inc.
SEC File Number 001-38600
Address of Issuer 6100 MERRIWEATHER DRIVE
                  COLUMBIA
                  MARYLAND
                  21044
Phone 410-872-0555
Name of Person for Whose Account the Securities are To Be Sold Thurmond Mark C.
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer Officer

144: Securities Information

<table>
<thead>
<tr>
<th>Title of the Class of Securities To Be Sold</th>
<th>Name and Address of the Broker</th>
<th>Number of Shares or Other Units To Be Sold</th>
<th>Aggregate Market Value</th>
<th>Number of Shares or Other Units Outstanding</th>
<th>Approximate Date of Sale</th>
<th>Name the Securities Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common</td>
<td>Fidelity Brokerage Services LLC 900 Salem Street Smithfield RI 02917</td>
<td>949</td>
<td>41727.53</td>
<td>118867830</td>
<td>05/28/2024</td>
<td>NASDAQ</td>
</tr>
</tbody>
</table>

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

<table>
<thead>
<tr>
<th>Title of the Class</th>
<th>Date you Acquired</th>
<th>Nature of Acquisition Transaction</th>
<th>Name of Person from</th>
<th>Is this Date Donor</th>
<th>Amount of Securities Acquired</th>
<th>Date of Payment</th>
<th>Nature of Payment</th>
</tr>
</thead>
</table>
* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

### 144: Securities Sold During The Past 3 Months

<table>
<thead>
<tr>
<th>Name and Address of Seller</th>
<th>Title of Securities Sold</th>
<th>Date of Sale</th>
<th>Amount of Securities Sold</th>
<th>Gross Proceeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark C. Thurmond 6100 Merriweather Drive Columbia, MD 21044</td>
<td>Common</td>
<td>02/28/2024 3644</td>
<td>170575.64</td>
<td></td>
</tr>
<tr>
<td>Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044</td>
<td>Common</td>
<td>03/20/2024 10824</td>
<td>530376.00</td>
<td></td>
</tr>
<tr>
<td>Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044</td>
<td>Common</td>
<td>05/20/2024 2219</td>
<td>97100.78</td>
<td></td>
</tr>
<tr>
<td>Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044</td>
<td>Common</td>
<td>05/21/2024 820</td>
<td>35711.00</td>
<td></td>
</tr>
<tr>
<td>Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044</td>
<td>Common</td>
<td>05/23/2024 2371</td>
<td>102381.44</td>
<td></td>
</tr>
<tr>
<td>Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044</td>
<td>Common</td>
<td>05/24/2024 3381</td>
<td>146520.10</td>
<td></td>
</tr>
</tbody>
</table>

### 144: Remarks and Signature

Remarks
Date of Notice: 05/28/2024
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1: 05/24/2023

**ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Daniel Tucci, as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Mark C. Thurmond

**ATTENTION:** Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)