FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, I	D.C.	20549
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b)

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Name and Address of Reporting Person*     Yoran Amit					2. Issuer Name and Ticker or Trading Symbol Tenable Holdings, Inc. [ TENB ]								heck all applion	cable) or	10%	5 Owner			
NABLE HO	LDINGS, INC.	(Middle)					est Trans	action (M	onth/Day/Year)				helow)	Officer (give title Other (specify below)  President, CEO and Chairman					
BIA M	D	21044		4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)								ne) X Form f Form f	iled by One	Reporting Pe	erson			
(St	ate)	(Zip)											Feisoii						
	Tab	le I - Noi	n-Deri	vativ	e Se	curit	ies Ac	quired,	Dis	posed o	f, or Be	neficia	Ily Owned	i					
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		Execution Date,		Transaction Disposed Code (Instr. 5)				d Securiti Benefic Owned	5. Amount of Securities Beneficially Owned Following		of Indirect						
							Code	v	Amount	(A) or (D)	Price	Transac	tion(s)		(ilisu. 4)				
Common Stock 0			08/1	9/202	/2022		М		14,550	) A	\$(	130	),238	D					
Common Stock		08/2	08/22/2022				s <sup>(1)</sup> 6,686 D \$40.63 1		63 123	123,552									
Common Stock		08/22/2022		-	2		M		-		<del></del>		-	D					
Common Stock		08/2	3/2022				S <sup>(1)</sup>		5,846	D	\$41.	72 130	),950	D					
Common Stock												350	0,270	I	By Grantor Retained Annuity Trust <sup>(2)</sup>				
Stock													24:	5,947	I	By Trust <sup>(3)</sup>			
Common Stock													179	9,700	I	By Grantor Retained Annuity Trust <sup>(4)</sup>			
	7												y Owned						
2. Conversion or Exercise Price of Derivative Security	on Date se (Month/Day/Year) Exec if any (Mor		d Date,	4. Transa Code (	Transaction Code (Instr.		5. Number of		6. Date Exercisable an Expiration Date		7. Title and Am of Securities Underlying		Derivative Security	derivative Securities Beneficia Owned Following Reported	Owner Form: Direct or Indi	D) Ownership ect (Instr. 4)			
				Code	v	(A)	(D)	Date Exercisal			Title	or							
(5)	08/19/2022			M			14,550	(6)		(6)	Common Stock	14,550	\$0	87,30	3 D				
(5)	08/22/2022			M			13,244	(7)		(7)	Common Stock	13,24	\$0	26,48	8 D				
	Stock	Amit  (First) NABLE HOLDINGS, INC. ERRIWEATHER DRIVE  BIA MD  (State)  Tab Security (Instr. 3)  Stock Stock Stock Stock Stock Stock Stock Stock  Stock	Amit  (First) (Middle) NABLE HOLDINGS, INC. ERRIWEATHER DRIVE  BIA MD 21044  (State) (Zip)  Table I - Not Security (Instr. 3)  Stock Stock Stock Stock Stock Stock Stock  Stock	Conversion   Con	Table   I - Derivative   Stock   Sto	Amit  (First) (Middle) NABLE HOLDINGS, INC. ERRIWEATHER DRIVE  Table 1 - Non-Derivative Security (Instr. 3)  Stock  Stock  08/19/2022 Stock  08/22/2022 Stock  08/22/2022 Stock  Stock  Table II - Derivative Security (Instr. 3)  Table II - Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Securitic (e.g., puts, calls, was called in Month/Day/Year)   Code (North/Day/Year)   Code (North/Day/Yea	Conversion   Con	Amit	Tenable Holdings, Inc.   Tenable Holdings, I	Tenable Holdings, Inc.   Tenable Holdings, I	Tenable Holdings, Inc.   Tenable Holdings, I	Commercial Research   Commercial Research	Check all applications   Check all applicati	Conversion   Date   D	Content   Cont			

- 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 Trustee of the Amit Yoran GRAT A is Amit Yoran.
- 3. The Trustees of the Amit Yoran 2020 Family Trust are Dov Yoran and David Redling.
- 4. The Trustee of the Amit Yoran GRAT B is Amit Yoran
- 5. Each restricted stock unit ("RSU") represents a contingent right to receive one share of Issuer common stock.
- 6. 25% of the shares underlying the RSUs vested on February 19, 2021, with the remainder vesting in equal quarterly installments over 3 years, 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
- 7. 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:

# Attorney-in-Fact

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\ast}$  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.

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