

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001651579  
Filer CCC XXXXXXXXX  
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

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Fidelity Brokerage Services LLC 900 Salem St Smithfield RI 02917	26175	1346703.75	116934931	02/07/2024	NASDAQ

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

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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			<b>Whom Acquired</b>	<b>a Gift?</b>		
Common	05/23/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1298	05/23/2023 Compensation
Common	05/23/2023	Performance Shares	Issuer	<input type="checkbox"/>	458	05/23/2023 Compensation
Common	08/03/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	4360	08/03/2023 Compensation
Common	08/17/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1538	08/17/2023 Compensation
Common	08/23/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1266	08/23/2023 Compensation
Common	08/23/2023	Performance Shares	Issuer	<input type="checkbox"/>	447	08/23/2023 Compensation
Common	11/03/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	4378	11/03/2023 Compensation
Common	11/17/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1537	11/17/2023 Compensation
Common	11/23/2023	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	1306	11/23/2023 Compensation
Common	11/23/2023	Performance Shares	Issuer	<input type="checkbox"/>	460	11/23/2023 Compensation
Common	02/03/2024	Restricted Stock Vesting	Issuer	<input type="checkbox"/>	9127	02/03/2024 Compensation

\* 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

<b>Name and Address of Seller</b>	<b>Title of Securities Sold</b>	<b>Date of Sale</b>	<b>Amount of Securities Sold</b>	<b>Gross Proceeds</b>
Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044	Common	11/17/2023	2357	94280.00
Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044	Common	11/20/2023	2197	87107.53
Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044	Common	11/22/2023	827	33080.00
Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044	Common	11/27/2023	2501	100078.27
Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044	Common	11/28/2023	951	39999.06
Mark C. Thurmond 6100 Merriweather Drive Columbia MD 21044	Common	02/06/2024	3976	188202.37

## 144: Remarks and Signature

Remarks

Date of Notice 02/07/2024

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/ Ryan Riviere, 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)***