



Q3 & 9MO 2021 Earnings Presentation

December 16, 2021

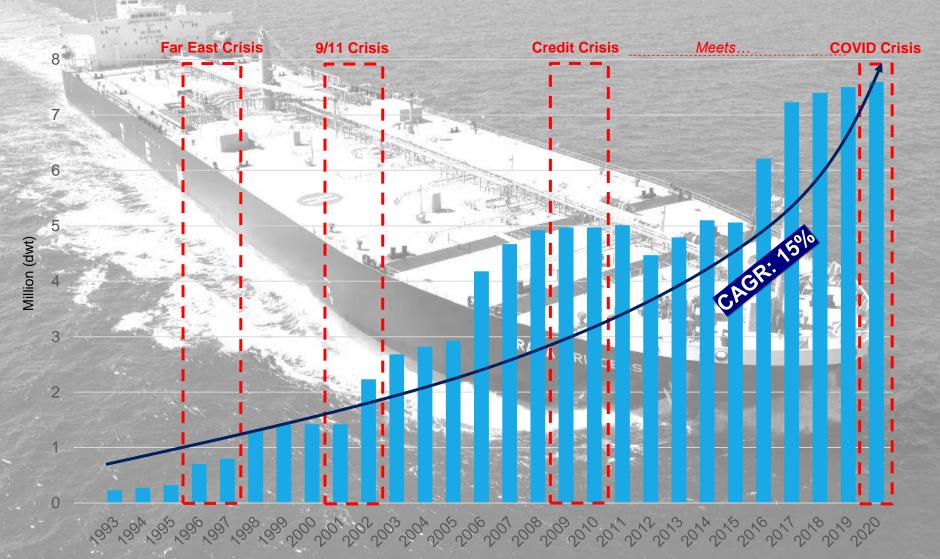


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Crisis-Resistant Growth Model Spanning Four Decades









Diversified Fleet - Secured Revenues - Market Upside

	CRUDE TANKERS	Dwt	Built	Yard	Hull	Ice Class/Other
1	Hercules	300,000	2017	South Korean	DH	
2	Ulysses	300,000	2016	South Korean	DH	
3	Artemis Voyager	158,000	2020	South Korean	DH	
4	Apollo Voyager	158,000	2020	South Korean	DH	
5	Spyros K	158,000	2011	South Korean	DH	
6	Dimitris P	158,000	2011	South Korean	DH	
7	Arctic (1)	163,216	2007	South Korean	DH	1A
8	Eurovision	158,000	2013	South Korean	DH	
9	Euro	158,000	2012	South Korean	DH	
10	Decathlon	158,000	2012	South Korean	DH	
11	Pentathlon	158,000	2009	South Korean	DH	
12	Antarctic (1)	163,216	2007	South Korean	DH	1A
13	Archangel (1)	163,216	2006	South Korean	DH	1A
	Alaska (1)	163,250	2006	South Korean	DH	1A
15	Eurochampion 2004 (1)	164,608	2005	South Korean	DH	1C
16	Euronike (1)	164,565	2005	South Korean	DH	1C
17	Caribbean Voyager	115,000	2020	South Korean	DH	
18	Mediterranean Voyager	115,000	2019	South Korean	DH	
19	Bergen TS	112,700	2017	South Korean	DH	
20	Sola TS	112,700	2017	South Korean	DH	1B
21	Oslo TS	112,700	2017	South Korean	DH	1B
22	Stavanger TS	112,700	2017	South Korean	DH	1B
23	Marathon TS	112,700	2017	South Korean	DH	1B
24	Parthenon TS	112,700	2016	South Korean	DH	
25	Leontios H	112,700	2016	South Korean	DH	
	Thomas Zafiras	112,700	2016	South Korean	DH	
27	Elias Tsakos	112,700	2016	South Korean	DH	
28	Uraga Princess	105,344	2010	Japanese	DH	
29	Sapporo Princess	105,354	2010	Japanese	DH	
30		105,372	2009	Japanese	DH	
31		105,361	2009	Japanese	DH	
	Nippon Princess	105,346	2008	Japanese	DH	
	Maria Princess	105,392	2008	Japanese	DH	
	Sakura Princess (1)	105,365	2007	Japanese	DH	
	Izumo Princess	105,374	2007	Japanese	DH	
1)	Sale & Leaseback	Ve	ssels in	Fixed TC Contra	acts (at	Dec 15, 2021)
2)	E40/					

		COATED TANKERS	Dwt	Built	Yard	Hull	Ice Class/Other
긢	36	TBN	115,000	2024	South Korean	DH	Dual - Fuel LNG
DUAL FUEL	37	TBN	115,000	2024	South Korean	DH	Dual - Fuel LNG
	38	TBN	115,000	2023	South Korean	DH	Dual - Fuel LNG
	39	TBN	115,000	2023	South Korean	DH	Dual - Fuel LNG
LR2	40	Proteas	117,055	2006	South Korean	DH	1A
AFRA LR2	41	Promitheas	117,055	2006	South Korean	DH	1A
ΑF	42	Propontis	117,055	2006	South Korean	DH	1A
	43	Sunrise	74,000	2016	South Korean	DH	
	44	Sunray	74,000	2016	South Korean	DH	
	45	World Harmony	74,200	2009	South Korean	DH	
Ĕ	46	Chantal	74,329	2009	South Korean	DH	
PANAMAX LR1	47	Selini (2)	74,296	2009	South Korean	DH	
NAN	48	Salamina (2)	74,251	2009	South Korean	DH	
PA	49	Selecao	74,296	2008	South Korean	DH	
	50	Socrates	74,327	2008	South Korean	DH	
	51	Andes	68,439	2003	Japanese	DH	
	52	Inca (2)	68,439	2003	Japanese	DH	
	53	Ajax	53,095	2005	South Korean	DH	1A
	54	Afrodite	53,082	2005	South Korean	DH	1A
MR	55	Apollon	53,149	2005	South Korean	DH	1A
_	56	Ariadne	53,021	2005	South Korean	DH	1A
	57	Artemis	53,039	2005	South Korean	DH	1A
	58	Aris	53,107	2005	South Korean	DH	1A
	59	Byzantion ⁽²⁾	37,275	2007	South Korean	DH	1B
	60	Bosporos (2)	37,275	2007	South Korean	DH	1B
HANDY	61	Andromeda	37,061	2007	South Korean	DH	1A
¥	62	Aegeas	37,061	2007	South Korean	DH	1A
	63	Amphitrite	37,061	2006	South Korean	DH	1A
	64	Arion	37,061	2006	South Korean	DH	1A
Ø	65	Tenergy	81,479	2021	South Korean	DH	174,000m ³
LNG	66	Maria Energy	86,000	2016	South Korean	DH	174,000m ³
	67	Neo Energy	85,602	2007	South Korean	DH	150,000m ³
SHUTTLE	68	Porto	155,000	2022	South Korean	DH	DP2
	69	Lisboa	157,000	2017	South Korean	DH	DP2
	70	Rio 2016	157,000	2013	South Korean	DH	DP2
	71	Brasil 2014	157,000	2013	South Korean	DH	DP2

51% owned Vessels in TC w/Profit Share contracts (at Dec 15, 2021)

Spot contracts (at Dec 15, 2021)

63% of Fleet in the Water (TC P/S, CoA and Spot) with Market Exposure 57% in Secured Contracts (TC, TC P/S & CoA)

Sale & Leaseback



Timely Acquisitions => Low 9mo 2021 B/E Rates*

TNP USTED NYSE.

*Breakeven rates after Operating Expenses, G&A, Interest and Depreciation



Every \$1,000pd Increase in Spot Rates has a Positive \$0.48 Impact in Annual EPS (Based on Current Vessels in Spot Contracts Only and Current Common Shares O/S)

⁽¹⁾ Excludes one LNG under construction

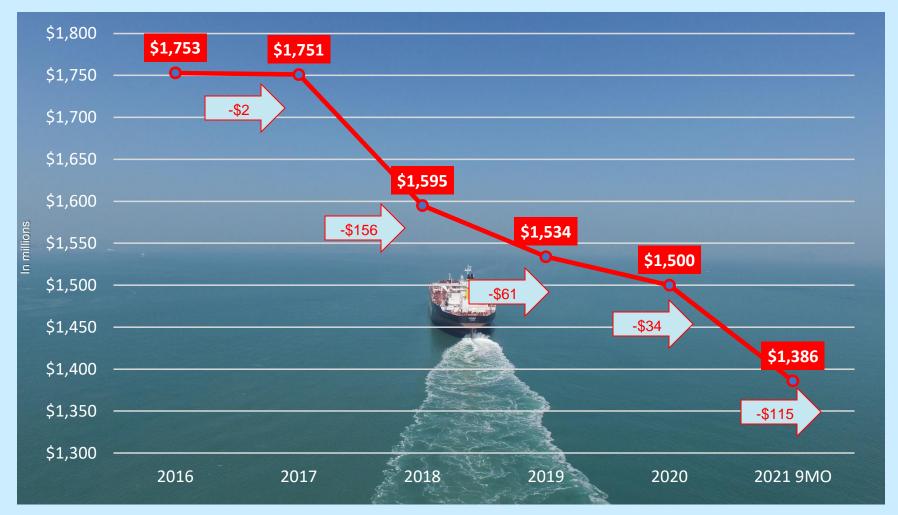
⁽²⁾ Excludes one DP2 Shuttle Tanker under construction

⁽³⁾ Number of vessels in each sector as per 9mo 2021







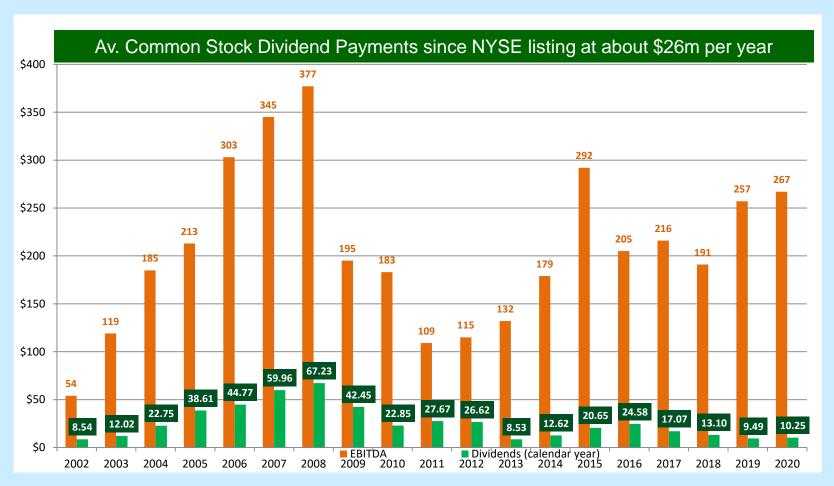


- □ \$368 million total debt reduction since Dec. 2016 peak
- □ plus \$100 million at par repayment of Series B and Series C Preferred Shares in 2019 and 2020
- Net Debt to Capital (30/09/21): 48.6%



Healthy Dividends of Approx. \$500m Through Market Cyclicality and Growth

- Common Stock Dividend Continuity Management aims on semi-annual dividend distributions \$0.10 paid on July 20th, 2021
- ☐ TEN has always paid a dividend reflective of market irrespective of cyclicality; About half a billion USD in common stock dividend payments since 2002 NYSE listing
- □ Long-term nature of Company's employment policy to known industrial concerns provides cash flow sustainability and visibility

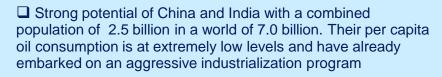




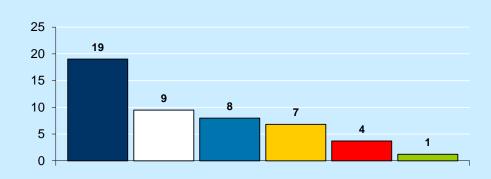
Impact of Covid-19 on Global Demand Waning in 2021



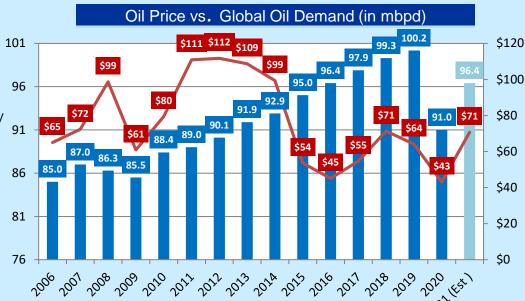
BARRELS OF OIL PER CAPITA PER ANNUM (Source: BP Statistical Review of World Energy June 2021)



- ☐ If China reaches the same levels of consumption as Thailand, Chinese oil demand (based on existing population) would rise to 18mbpd, an increase of 5mbpd from current levels
- ☐ China and India will continue to be the main drivers behind oil demand recovery in 2021 and beyond
- ☐ Oil demand for 2020 at **91.0mbpd**, **-8.6mbpd** due to the impact of the Covid-19 pandemic but forecasted to recover by **+5.4 mbpd** in 2021 and **+3.3 mbpd** in 2022
- ☐ Global GDP declined by 3.1% in 2020 but expected to rebound to 5.9% in 2021 and 4.9% in 2022 A V-shape recovery should Covid-related issues dissipate
- ☐ The vaccine-powered recovery currently ongoing together with the resumption of air travel should provide some semblance of normality which is expected to assist global economic growth going forward



■United States □Japan ■Europe □Thailand ■China (incl. HK) □India



Source: International Energy Agency, Oil Market Report, IMF & Clarkson Shipping Intelligence Network

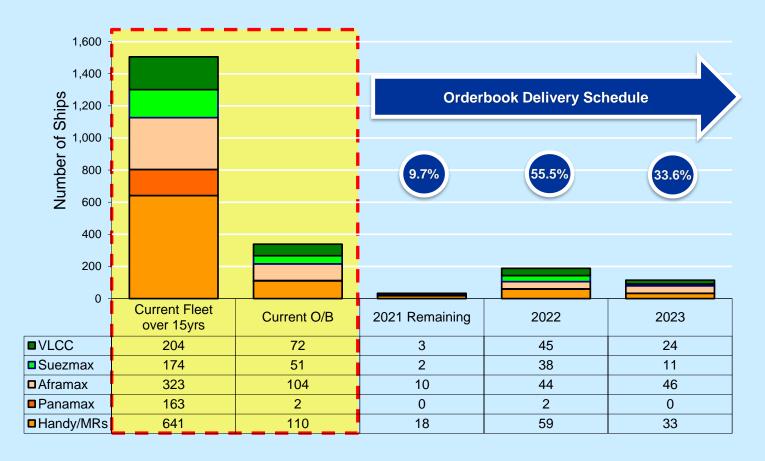
Note: Brent price shown in 2021 (Est) is the 2021 YTD average





Very Low NB Orderbook vs. Fleet over 15 Years Old

- □ Total NB Orderbook of 339 tankers to join the fleet over the next three years vs. 1,505 vessels 15 years or older that are expected to depart the competitive fleet in the same timeframe (This does NOT include 1,596 vessels in the 10-14-year age bracket most of which will be around the 15-year age mark by 2023-25)
- □ 7.18% of current fleet over 20 years old and 29.4% over 15 years old
- □ Low Orderbook => 6.62% in November 2021 vs. 7.26% in 2020 and 22.3% in 2010

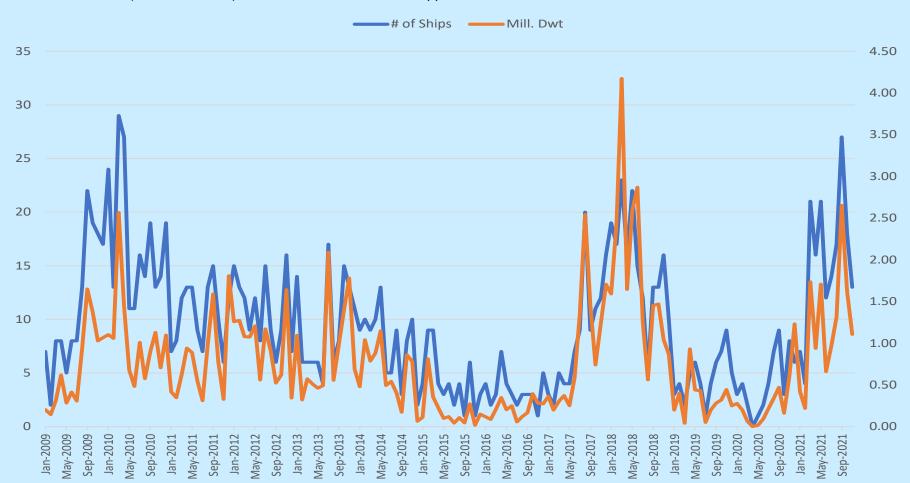




Scrapping Rebounding Strongly after Covid-19 & Upcoming Environmental Regulations



- Upcoming regulations and discussions for alternative propulsion fuels should further propel scrapping activity
- ☐ In 2018 **181** vessels were scrapped of **21.9m** dwt
- ☐ In 2019 **56** vessel were scrapped of **3.9m** dwt
- ☐ In 2020 49 vessels were scrapped of 3.7m dwt
- ☐ In 2021 (until November), **170** vessels have been scrapped of **13.3m** dwt









	Three months ended September 30 (unaudited)					Nine months ended September 30 (unaudited)				
STATEMENT OF OPERATIONS DATA		2021		2020	_	2021	_	2020		
Voyage revenues	\$	131,562	\$	142,834	\$	406,991	\$	512,503		
Voyage expenses		54,113		37,242		148,979		105,363		
Charter hire expense		8,806		5,471		21,250		16,033		
Vessel operating expenses		41,158		45,246		128,810		133,440		
Depreciation and amortization		36,356		33,144		107,207		102,477		
General and administrative expenses		7,464		6,591		21,935		21,859		
Loss on sale of vessels		-		-		5,817		3,050		
Impairment charges		<u>-</u>		<u>-</u>				13,450		
Total expenses		147,897		127,694		433,998	_	395,672		
Operating income (loss)	_	(16,335)	_	15,140	_	(27,007)	_	116,831		
Interest and finance costs, net		(8,189)		(13,485)		(22,757)		(60,958)		
Interest income		175		28		502		538		
Other, net		110		(140)	_	(83)	_	377		
Total other expenses, net		(7,904)		(13,597)	_	(22,338)	_	(60,043)		
Net income (loss)		(24,239)		1,543		(49,345)		56,788		
Less: Net income attributable to the noncontrolling interest		(769)		(123) 1,420	\$	(150)	<u> </u>	(2,668)		
Net income (loss) attributable to Tsakos Energy Navigation Limited	⊸	(25,008)	Ф <u> </u>		Ψ	(49,495)	Φ	54,120		
Effect of preferred dividends		(8,555)		(9,204)		(24,934)		(28,268)		
Undistributed income to Series G participants		(457)		-		-		(1,370)		
Deemed dividend on Series C preferred shares		-		(2,493)		- (0.4=0)		(2,493)		
Deemed dividend on partially redeemed Series G convertible preferred shares Net income (loss) attributable to common stockholders of Tsakos Energy Navigation		-		-		(2,170)		-		
Limited, basic	\$	(34,020)	\$	(10,277)	\$	(76,599)	\$	21,989		
Net income (loss) attributable to common stockholders of Tsakos Energy Navigation										
Limited, diluted	\$	(34,020)	\$	(10,277)	\$	(76,599)	\$	24,013		
Earnings (Loss) per share, basic	\$	(1.72)	\$	(0.55)	\$	(4.05)	\$	1.16		
Earnings (Loss) per share, diluted	\$	(1.72)	\$	(0.55)	\$	(4.05)	\$	1.16		
Weighted average number of common shares, basic		19,791,139		18,605,661		18,890,734	_	18,937,444		
Weighted average number of common shares, diluted		19,791,139	_	18,605,661	_	18,890,734		20,681,143		
BALANCE SHEET DATA	Se	eptember 30 2021	D	ecember 31 2020						
Cash		115,627		171,771						
Other assets		280,305		276,362						
Vessels. net		2,510,870		2,615,112						
Advances for vessels under construction		79,024		49,030						
Total assets	\$	2,985,826	\$	3,112,275						
Debt, net of deferred finance costs		1,386,752		1,500,357						
Other liabilities		247,287		230,100						
Stockholders' equity		1,351,787		1,381,818						
Total liabilities and stockholders' equity	\$	2,985,826	\$	3,112,27 <u>5</u>						





Financial Highlights (cont.)

	Three months ended				Nine months ended					
OTHER FINANCIAL DATA	September 30					September 30				
	2021		2020		2021		2020			
Net cash from operating activities	\$	4,617	\$	45,098	\$	35,204	\$	187,179		
Net cash (used in) provided by investing activities	\$	(1,890)	\$	(86,375)	\$	18,676	\$	(70,274)		
Net cash (used in) provided by financing activities	\$	(26,010)	\$	21,217	\$	(110,024)	\$	(78,183)		
TCE per ship per day	\$	15,668	\$	20,451	\$	17,089	\$	25,351		
Operating expenses per ship per day	\$	7,332	\$	7,927	\$	7,665	\$	7,757		
Vessel overhead costs per ship per day	\$	1,248	\$	1,117	\$	1,227	\$	1,232		
		8,580		9,044		8,892		8,989		
FLEET DATA										
Average number of vessels during period		65.0		64.1		65.8		64.8		
Number of vessels at end of period		65.0		65.0		65.0		65.0		
Average age of fleet at end of period	Years	10.0		9.2		10.0		9.2		
Dwt at end of period (in thousands)		7,209		7,119		7,209		7,119		
Time charter employment - fixed rate	Days	1,938		2,030		5,959		6,953		
Time charter and pool employment - variable rate	Days	930		1,225		3,100		4,448		
Period employment coa at market rates	Days	272		58		695		234		
Spot voyage employment at market rates	Days	2,220		2,171		6,592		5,261		
Total operating days		5,360		5,484		16,346		16,896		
Total available days		5,980		5,898		17,884		17,749		
Utilization		89.6%		93.0%		91.4%		95.2%		

Non-GAAP Measures Reconciliation of Net income (loss) to Adjusted EBITDA

	Three months ended September 30					Nine months ended September 30			
	2021		2020		2021		2020		
Net income (loss) attributable to Tsakos Energy Navigation Limited	\$	(25,008)	\$	1,420	\$	(49,495)	\$	54,120	
Depreciation and amortization		36,356		33,144		107,207		102,477	
Interest Expense		8,189		13,485		22,757		60,958	
Loss on sale of vessels		-		-		5,817		3,050	
Impairment charges		<u>-</u>		<u>-</u>				13,450	
Adjusted EBITDA	\$	19,537	\$	48,049	\$	86,286	\$	234,055	

To all our seafarers, onshore colleagues and friends a BIG THANK YOU

for all your help and support during these extraordinary times

STAY SAFE - STAY HEALTHY





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