

TEN Ltd

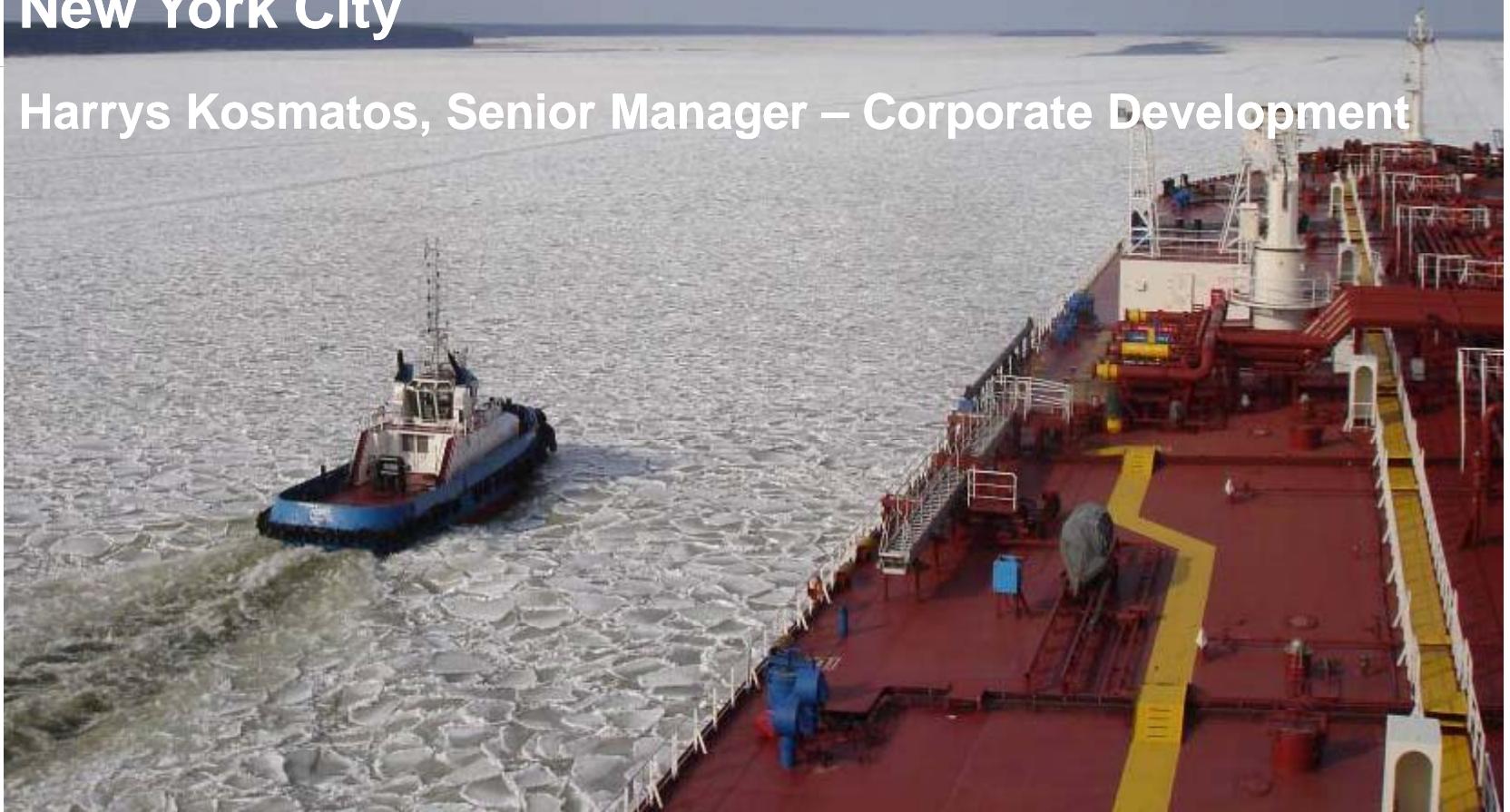
Tsakos Energy Navigation

10th Annual Capital Link Forum

October 30th, 2008

New York City

Harrys Kosmatos, Senior Manager – Corporate Development



TNP
LISTED
NYSE.

THE PRINCIPLE OF...KISS!



K
e
e
p

I
t

S
i
m
p
l
e

S
t
u
p
i
d

Corporate Highlights



HISTORY

- 15 years of profitable operations (no loss making quarter since inception)
- Public markets experience: 1993-2005 Oslo Stock Exchange, 2002 New York Stock Exchange
- Staggering growth: 4 ships in 1993 – 50 today
- Affiliated to the Tsakos Group – a hands-on traditional ship management company established in 1970

SCALE

- One of the largest transporters of energy in the world – Carried 380m barrels of oil in 2007 – the equivalent of 40 days of US imports
- 50 vessels of 5.3 million dwt (proforma): 25 crude oil carriers + 25 product tankers (incl. one LNG vessel)
 - ❖ 45 operating
 - ❖ 5 under construction
- Modern diversified fleet: 100% double hull vs. 78% of world fleet – 5.5yrs average age vs. 10.3 of world fleet
- \$3.0 billion investment in 53 newbuildings since 1997
- One of the largest ice-class owners in the world (23 ice-class vessels)

OTHER

- Significant equity sponsorship by Tsakos interests and management (about 40%)
- Entry in LNG and exploring investments in the greater energy sector (FPSOs, Drill Ships, Oil Rigs etc.)

Diversified Fleet



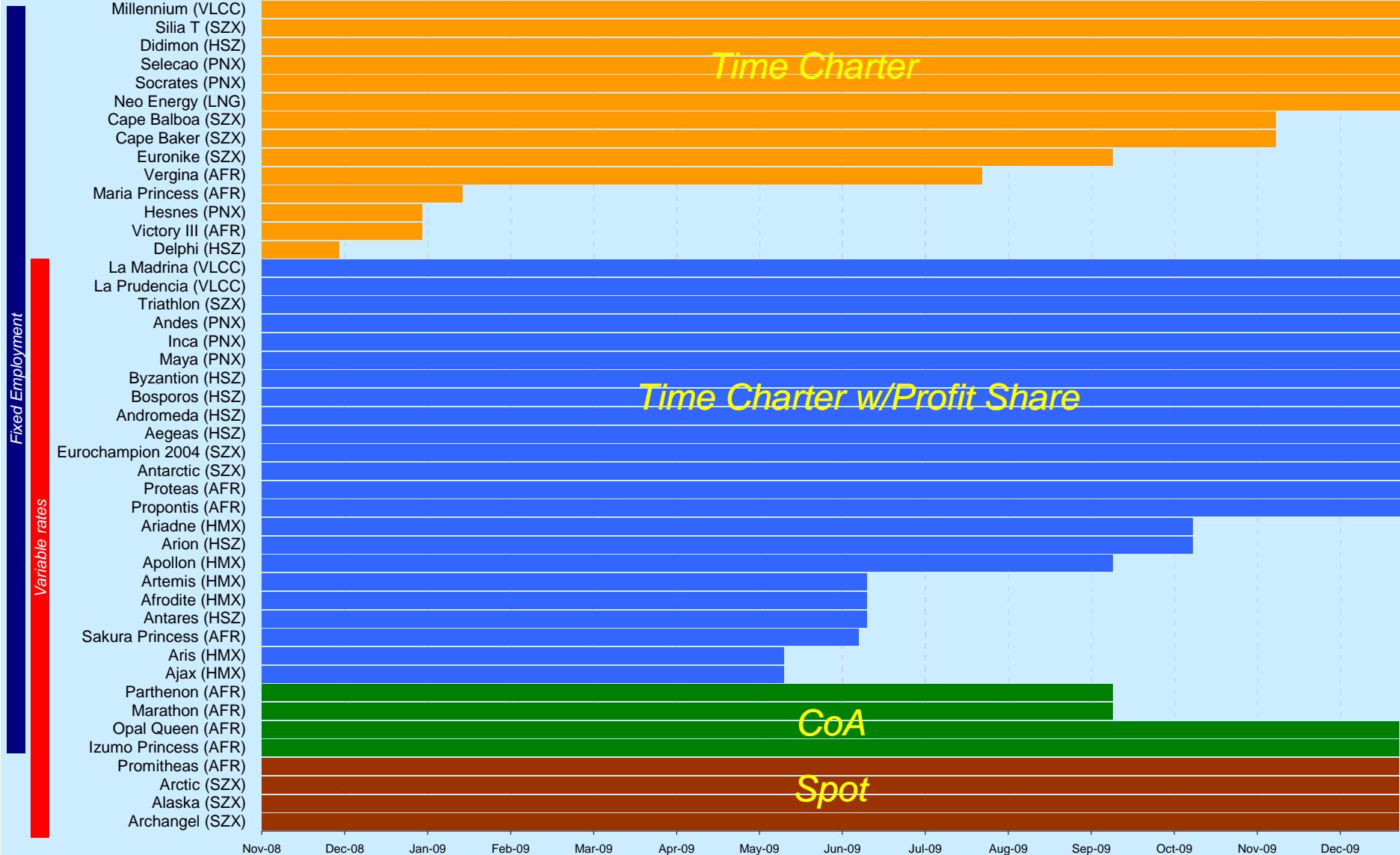
CRUDE TANKERS					CLEAN / PRODUCT TANKERS					
	Dwt	Built	Hull	Ice Class		Dwt	Built	Hull	Ice Class	
VLCC					AFRAMAX - LR					
1	Millennium	301,171	1998	DH	1	Proteas	117,055	2006	DH	1A
2	La Madrina	299,700	1994	DH	2	Promitheas	117,055	2006	DH	1A
3	La Prudencia	298,900	1993	DH	3	Propontis	117,055	2006	DH	1A
SUEZMAX					PANAMAX					
1	Arctic	163,216	2007	DH	1	Selecao	73,800	2008	DH	
2	Antarctic	163,216	2007	DH	2	Socrates	73,800	2008	DH	
3	Archangel	163,216	2006	DH	3	Maya ⁽¹⁾	68,439	2003	DH	
4	Alaska	163,250	2006	DH	4	Inca ⁽¹⁾	68,439	2003	DH	
5	Eurochampion 2004	164,608	2005	DH	5	Andes	68,439	2003	DH	
6	Euronike	164,565	2005	DH	6	Victory III	68,160	1990	DH	1C
7	Triathlon	164,445	2002	DH	7	Hesnes	68,157	1990	DH	1C
8	Silia T	164,286	2002	DH	HANDYMAX - MR					
9	Cape Balboa*	164,274	2002	DH	1	Ariadne	53,021	2005	DH	1A
10	Decathlon	164,236	2002	DH	2	Artemis	53,039	2005	DH	1A
AFRAMAX					3	Afrodite	53,082	2005	DH	1A
1	Uruga Princess	105,000	2010	DH	4	Apollon	53,149	2005	DH	1A
2	Ise Princess	105,000	2009	DH	5	Aris	53,107	2005	DH	1A
3	Asahi Princess	105,000	2009	DH	6	Ajax	53,095	2005	DH	1A
4	Sapporo Princess	105,000	2009	DH	HANDYSIZE					
5	Maria Princess	105,000	2008	DH	1	Andromeda	37,066	2007	DH	1A
6	Nikkon Princess	105,000	2008	DH	2	Aegeas	36,660	2007	DH	1A
7	Izumo Princess	104,865	2007	DH	3	Byzantium	37,340	2007	DH	1B
8	Sakura Princess	104,865	2007	DH	4	Bosporos	37,340	2007	DH	1B
9	Marathon	107,181	2003	DH	5	Antares	37,061	2006	DH	1A
10	Parthenon	107,081	2003	DH	6	Arion	37,066	2006	DH	1A
11	Opal Queen	107,222	2001	DH	7	Didimon	37,432	2005	DH	
12	Vergina II	96,709	1991	DH	8	Delphi	37,432	2004	DH	
LNG					1	Neo Energy	85,602	2007	DH	

* Charted-in (option to buy in 2008)

⁽¹⁾ 51% ownership

Earnings Visibility

(as of October 22, 2008 – variable rates subject to market)



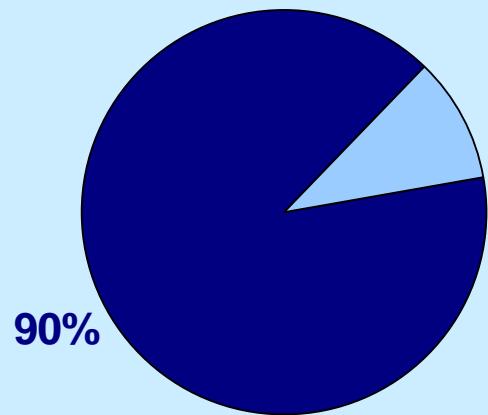
For employment details please go to Appendix 6

Secured Revenues



(Based on employable days – subject to change based on new vessel deliveries and potential changes in Company's chartering policy)

2008 (remaining days)

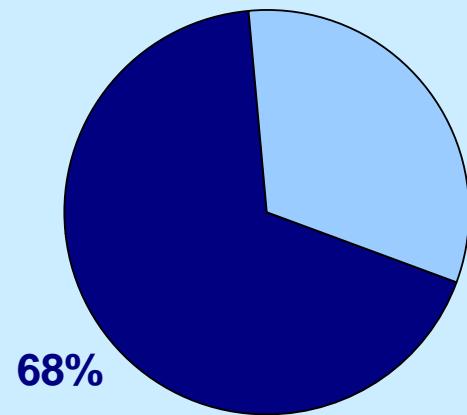


■ Fixed to dated

**Minimum Revenues
(guaranteed)**

\$115m

2009 (full year)



■ Fixed to dated

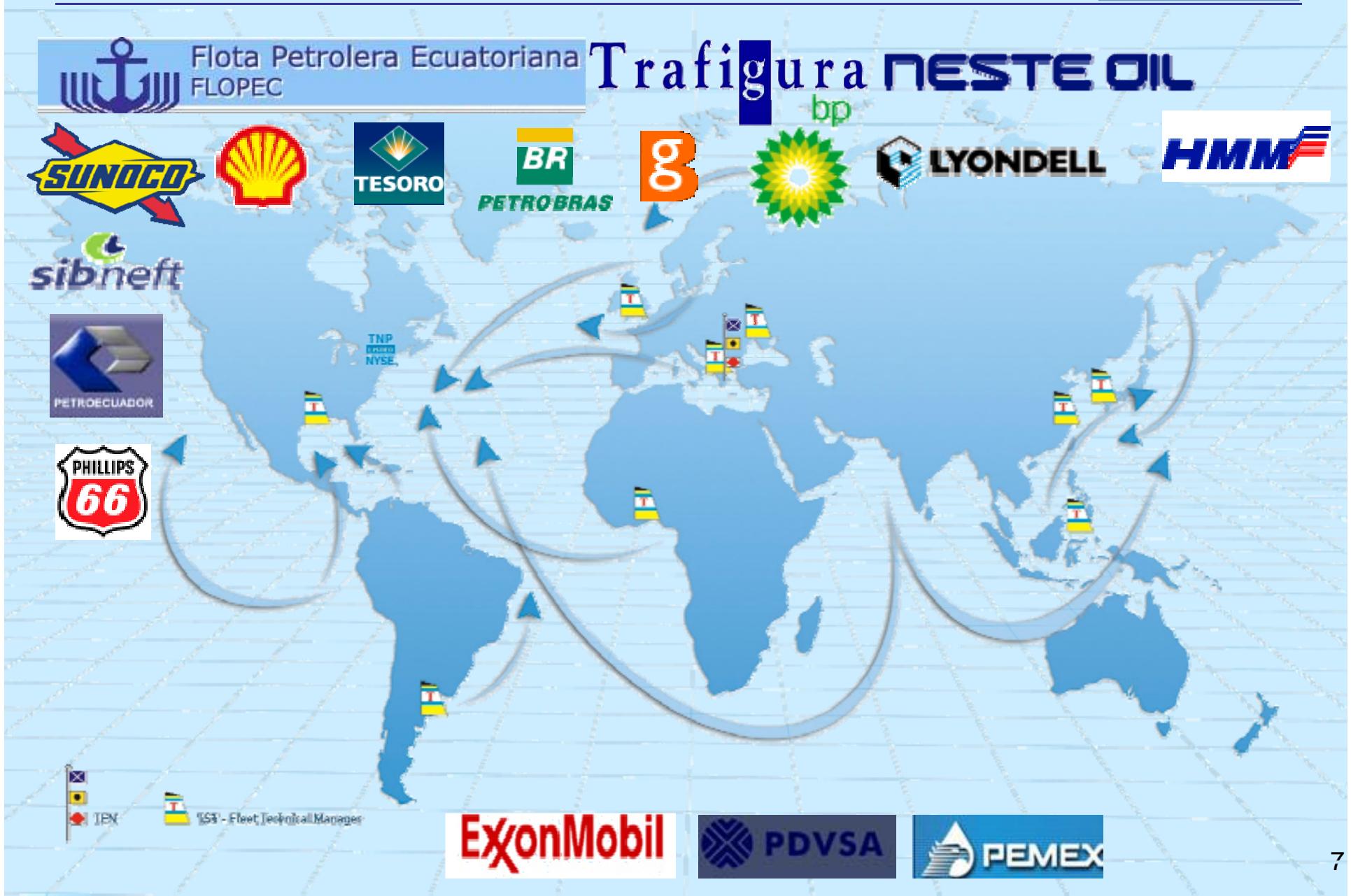
**Minimum Revenues
(guaranteed)**

\$280m

39 vessels with period employment (profit-share vessels only at min. rates) have secured:

779 months forward coverage (1.7 years per ship) • \$585 million in min. revenues

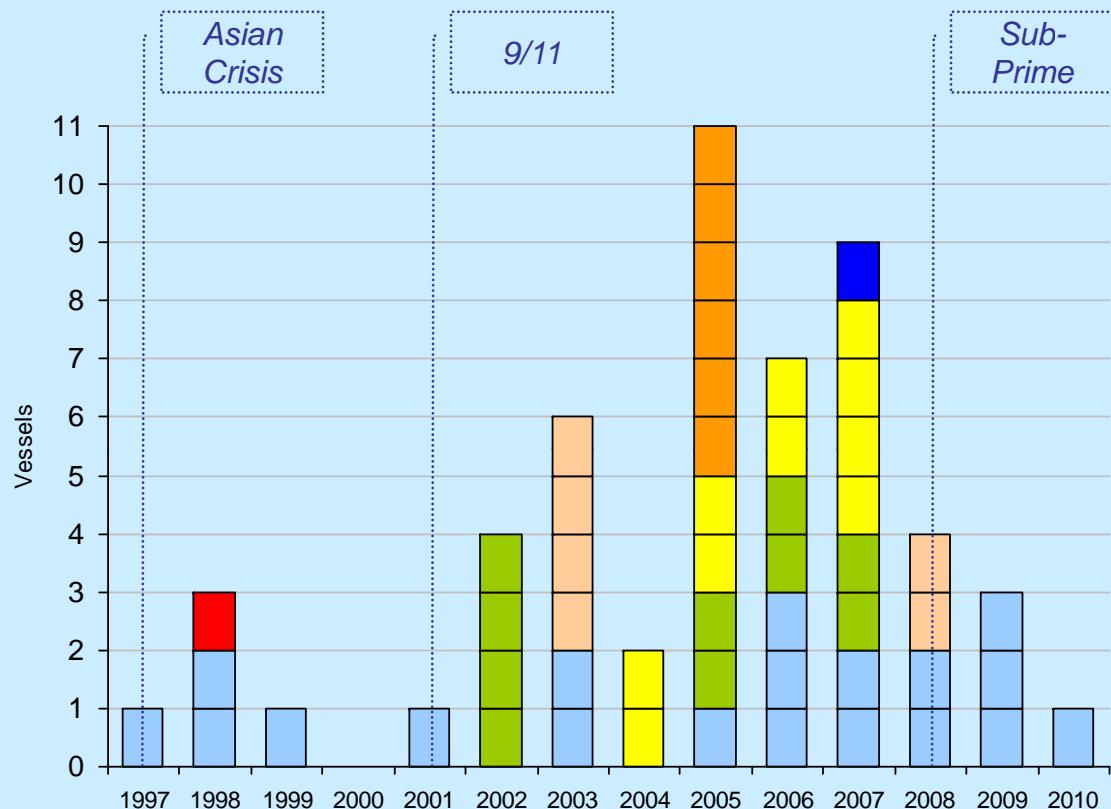
Global Presence - Blue Chip (Repeat) Clients



Timely Newbuilding Program



- Strong relationships with yards in South Korea and Japan
- Average contract price at significant discount to current NB prices
- Strong banking relations to finance upcoming deliveries
- Capacity to take advantage of NB resales if appropriate
- Newbuildings the backbone of TEN's growth
- One of the largest newbuilding programs (historically) in the peer group



	Total
Handysize	10 vessels
Handymax	6 vessels
Panamax	6 vessels
Aframax	19 vessels
Suezmax	10 vessels
VLCC	1 vessel
LNG	1 vessel

S&P Activity – Integral Part of Operations



	2004		
	Deliveries & Orders	Sales	Net Growth
Dwt:	1,101,000	205,000	896,000
Av. Age:	5.0	10.0	
Capital Gains:	\$21.31		

	2005		
	Deliveries & Orders	Sales	Net Growth
Dwt:	508,500	404,000	104,500
Av. Age:	0.0	14.5	
Capital Gains:	\$45.30		

	2006		
	Deliveries & Orders	Sales	Net Growth
Dwt:	1,715,660	216,000	1,499,660
Av. Age:	1.7	14.0	
Capital Gains:	\$63.30		

	2007		
	Deliveries & Orders	Sales	Net Growth
Dwt:	645,000	282,000	363,000
Av. Age:	0.0	9.0	
Capital Gains:	\$69.00		

	2008 (To date)		
	Deliveries & Orders	Sales	Net Growth
Dwt:	147,600	107,181	40,419
Av. Age:	0.0	8.0	
Capital Gains:	\$34.50		

	TOTAL		
	Deliveries & Orders	Sales	Net Growth
Dwt:	4,117,760	1,214,181	2,903,579
Av. Age:	1.7	11.1	
Capital Gains:	\$233.41		



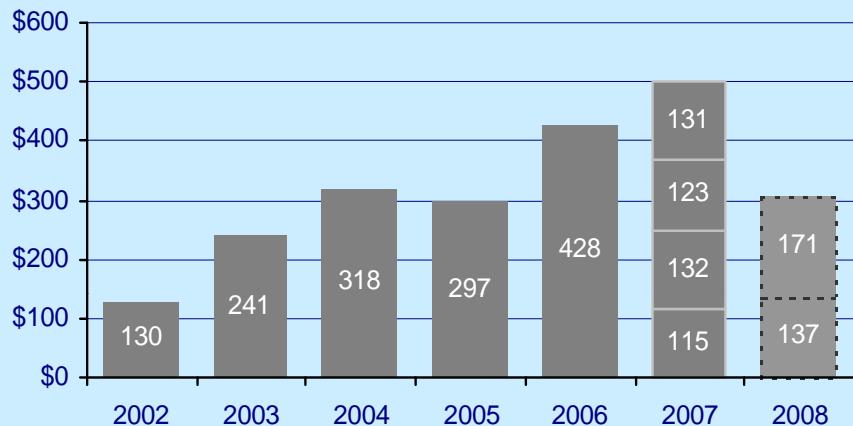
Financial Highlights



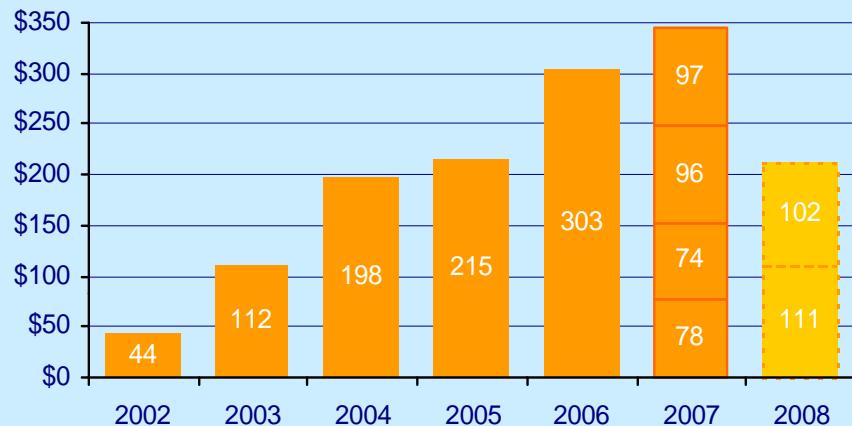
Strong Performance



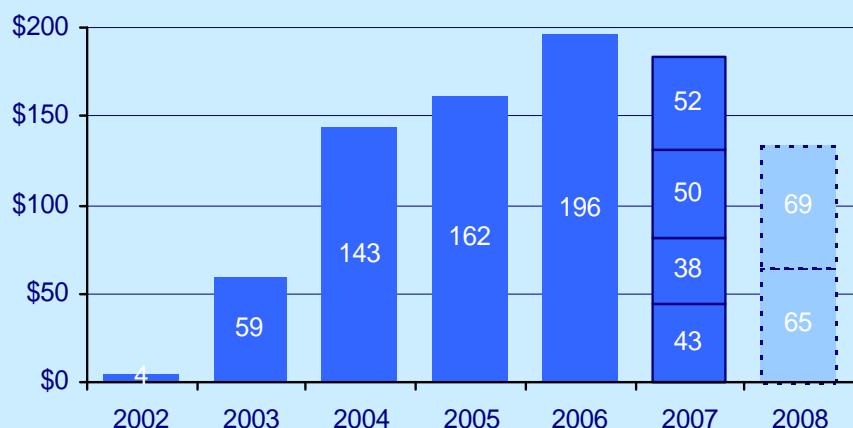
Voyage Revenues (in US\$mill)



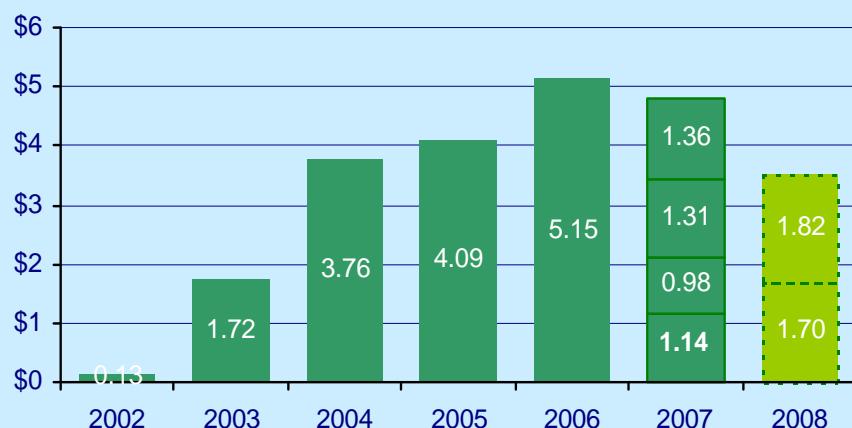
EBITDA (in US\$mill)



Net Income (in US\$mill)



EPS, Diluted



Strong Balance Sheet



	2005	2006	2007	Q2 2008
Cash & Cash equivalents	\$145,769	\$174,567	\$181,447	\$304,296
Total Current Assets (incl. cash)	\$191,734	\$222,493	\$276,053	\$375,855
Advances for vessels under construction	\$150,428	\$261,242	\$169,739	\$80,837
Vessels' net book value	\$711,362	\$1,458,647	\$1,900,183	\$1,978,037
Total Assets	\$1,089,174	\$1,969,875	\$2,362,776	\$2,453,003
Current portion of long term debt	\$51,496	\$23,117	\$44,363	\$59,885
Total Current Liabilities	\$91,518	\$101,214	\$159,265	\$173,681
Long term debt, net of current portion	\$382,023	\$1,110,544	\$1,345,580	\$1,332,778
Total Stockholders' equity	\$607,186	\$755,489	\$854,540	\$943,622

Total Debt	\$433,519	\$1,133,661	\$1,389,943	\$1,392,663
Net Debt/Cap	32%	56%	59%	54%

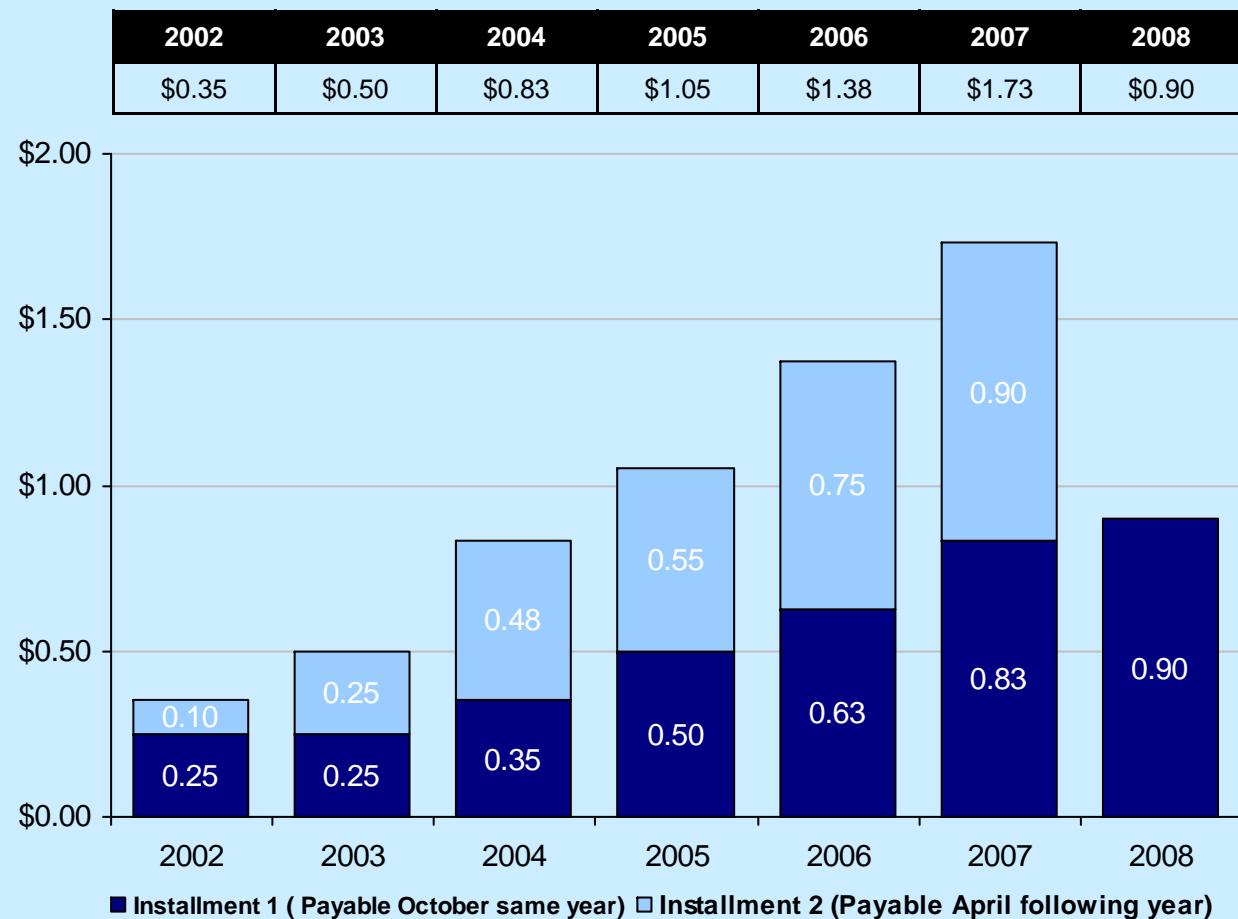
Additional Shareholder's Value



Numbers reflect 2:1 Stock Split effected on November 15, 2007

Dividend Policy

- Paid in 2 semi-annual installments
- Between 25-50% of Net Income
- Paid out since 2002 \$6.74 per share (over \$250 million) in total dividends



Additional Shareholder's Value (cont.)



Share Buyback

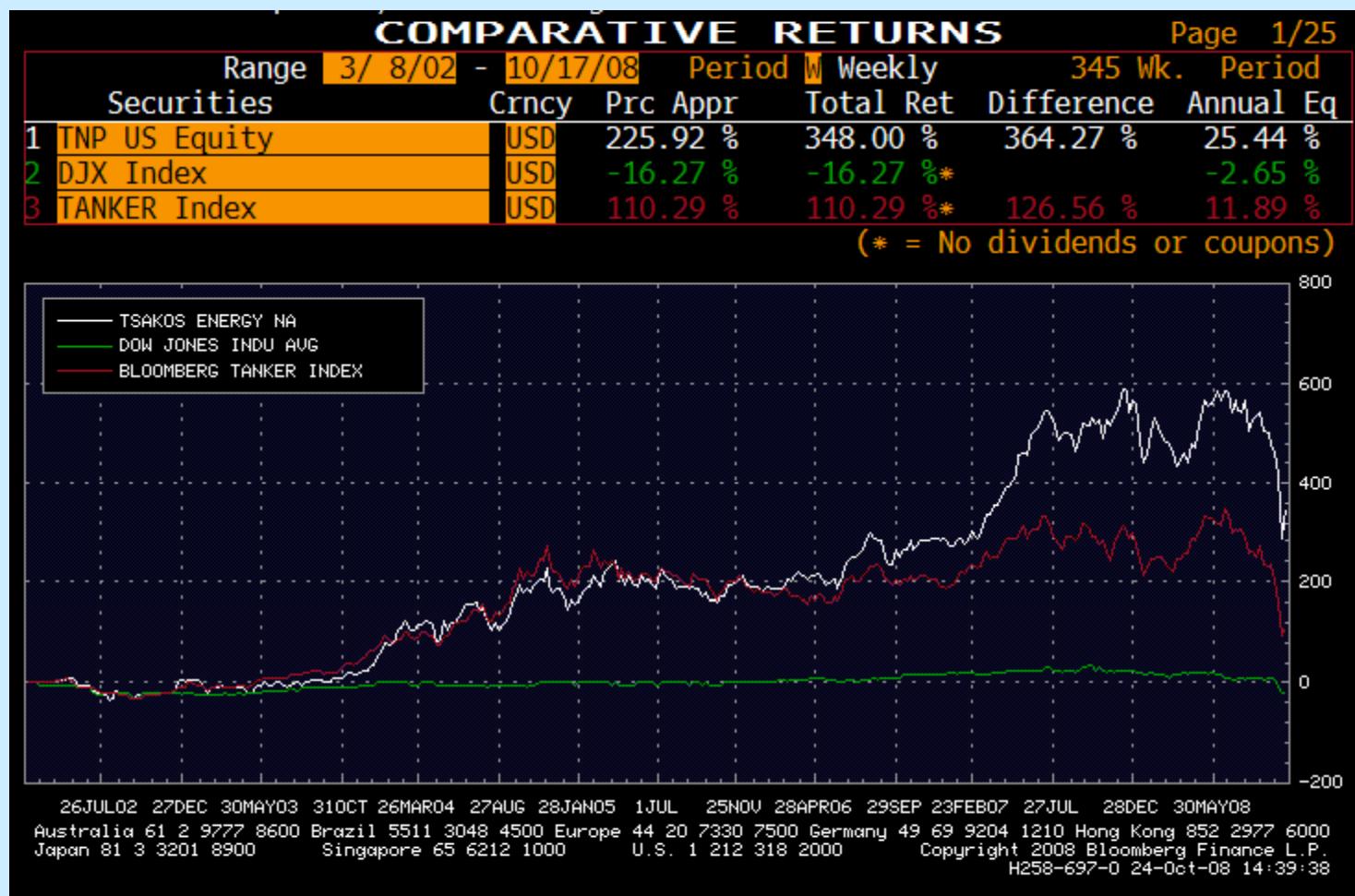
- Since initiation of share repurchase program, TEN has bought:
3,396,580 shares at a cost of \$75.1 million for an average price of **\$22.11/share**
- In 2008 (through October 15), TEN has bought:
1,035,000 shares at a cost of \$30.8 million for an average price of **\$29.70/share**
- Over \$33.1 million remaining capacity

SHARE REPURCHASE PROGRAMS	
Year	Program
1. January 2005	\$8.25 million
2. May 2005	\$20.00 million
3. September 2005	\$40 .00 million
SUB TOTAL:	\$68.25 million
4. September 2008	\$40.00 million
TOTAL:	\$108.25 million



Market Outperform

- Total returns to investors who subscribed to the IPO in March 2002 and reinvested their dividends have been 25.4% p.a. compounded. The Bloomberg Tanker Index (TNP, TK, FRO, OSG, GMR) returns were 11.9% while for the Dow Jones they were negative 2.6%



Why invest in TNP...

- ✓ Modern & diversified fleet
- ✓ Earnings visibility
- ✓ Growth potential
- ✓ Dividend payments
- ✓ Strong balance sheet
- ✓ Public markets experience
- ✓ Track record - Profitable throughout market cycles
- ✓ Effective cost control
- ✓ Expansion in new energy fields
- ✓ Ice-class capabilities
- ✓ Management largest shareholder
- ✓ Attractive valuations





TEN Ltd

TNP
LISTED
NYSE



Company Contact:

Paul Durham, CFO

George Saroglou, COO

Harrys Kosmatos, Snr. Manager, Corp. Development

pdurham@tenn.gr

gsaroglou@tenn.gr

hkosmatos@tenn.gr

NYSE

Tsakos Energy Navigation, Ltd – 367 Syngrou Avenue, Athens 175 64, Greece

Tel: +30210 940 7710, Fax: +30210 940 7716 email: ten@tenn.gr