x	1	1	1	1	0	0	0	-1	-1	-1	X
y	1	2	3	4	5	6	7	8	9	10	Y
xy	1	2	3	4	0	0	0	-8	-9	-10	XY

$$Cov(X,Y) = E(XY) - E(X)\,E(Y)$$

$$E(X) = \frac{1}{10}\left(1+1+1+1+0+0+0-1-1-1\right) = \frac{1}{10}$$

$$E(Y) = \frac{1}{10}\left(1+2+3+4+5+6+7+8+9+10\right) = \frac{55}{10}$$

$$E(XY) = \frac{1}{10}\left(1+2+3+4+0+0+0-8-9-10\right) = -\frac{17}{10}$$

$$\text{Rc}\quad Cov(X,Y) = -\frac{17}{10} - \frac{1\times 55}{100} = \frac{-170-55}{100} = -\frac{225}{100} = -2{,}25$$