The sample size was 30, so df=n-1=29. I can use R to look up the t-value for a 95% confidence interval:

> qt(.025,29)

[1] -2.04523

And then use the formula

$95\% Conf. Int.=\overbar{x}\pm t {(σ}/{\sqrt{n}})=101.4\pm 2.04523 ({13.23}/{\sqrt{30}}$) = (96.5, 106.3)