It was caused by the client not properly setting the in-vehicle state. The player was basically in the vehicle on the server, but not on the client. The reason for the odd "very laggy" vehicle driving is that the player that is placed in the vehicle by the server is not made uncollidable. This means that on the client, the object can not move normally since it seems to be obstructed. The only reason it slides and "teleports" is because the netcode it detects inconsistent positions and tries to revert the client position to the server position somewhat smoothly.

The technical reason it sometimes happened was because state changes were not set in proper order. You could get a "not in vehicle" state after an "in vehicle" state in some cases where the "in vehicle" state was actually more recent.