You can shoot though a building's walls as well though.  But that no longer matters; with the help of HaTe and Tunaman I am pretty sure I have located the bug and can write a fix quite easily. The fix will need client side as well as server side changes so can not be made available separately from TT.

For those interested: it seems to be an issue similar to the "wall lag fix" distributed by BI quite some time ago: the C4 position is rounded when sent through the netcode and can therefore end up in a wall on the client. Like wall lag, the issue does not exist in a client-hosted game such as a 1 player nondedicated LAN game, because the netcode is not needed and positions are not rounded.