I think there is a misunderstanding that working zones (as described above and in ticket #395) are the same as working areas. They are not. Working zones are macroscopic constructon sites that lead to additional run time. Work Areas are microscopic protection areas for the workers. This usually provided by the interlocking. The required attributes for working zones have been placed under workingArea. #395 should be as proposed but with a new sub element <workingZone> in ticket #393.

To the question of different track direction:
Track direction is not relevant. As you can perform run time calculations over a track direction change. The additional run time for the working zone is added to this minimum run time.