

For the first hash (MD5) I used "https://iotoools.cloud/tool/md5-decrypt/", so :
482c811da5d5b4bc6d497ffa98491e38 -> password123

For the second hash (MD6) I used "https://hashes.com/en/decrypt/hash", so :
b7a875fc1ea228b9061041b7cec4bd3c52ab3ce3 -> letmein

For the last hash (SHA256), I used "https://iotoools.cloud/tool/sha256-decrypt/", so :
916e8c4f79b25028c9e467f1eb8eee6d6bbdff965f9928310ad30a8d88697745 -> qwerty098

THE FLAG : picoCTF{UseStr0nG_h@shEs_&PaSswDs!_23622a7e}
~Z4que